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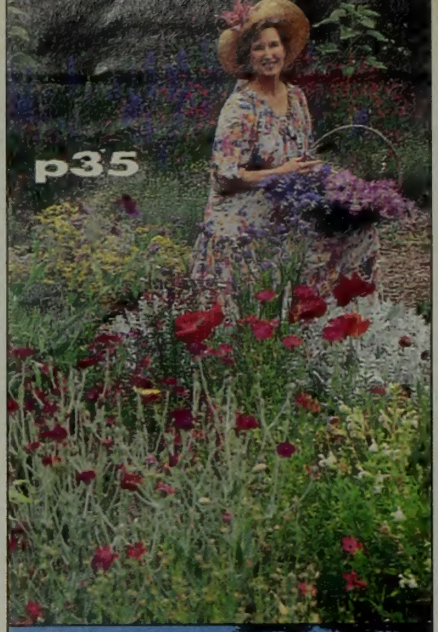


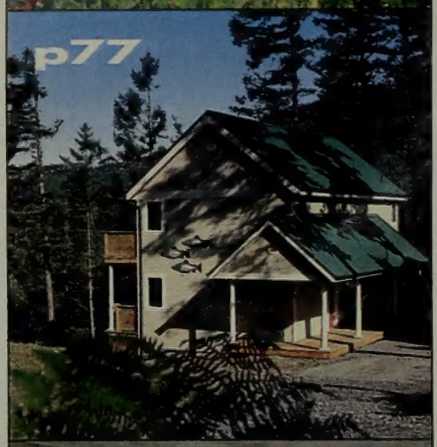


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Better Homes and Gardens

JULY 1993; Vol. 71 No. 7

ON THE COVER

35 Midsummer Gardening Tips from Our Test Gardens
77 Building Your Vacation Hideaway
95 Cottage Style Decorating the Easy Way
109 Crafting with Secondhand Treasures

BETWEEN FRIENDS

12 Editor's Letter
14 Family Network® *Solutions to family problems*
192 The Man Next Door® *Writes about family, friends, and neighbors*

THE FAMILY AT HOME

GARDENING

18 Taming a Slope with Terraces
32 Gardener's Almanac *Garden tools, flowers, and vegetables*
35 Gardening Where You Live *Midsummer tips from our test gardens*

BUILDING

16 How to Tame a Wild Backyard
20 Fired Up for Fun *Build an on-deck fire pit*
25 A Well-Blended Deck and Gazebo
26 A Stunning Entrance *From flat to friendly*
77 Building for the Future
Make your getaway the key to a whole new life
174 Project Plan: Build Your Own Adirondack Chairs

DECORATING

86 A Change of Screens
88 Decorating Q & A *Answers to your questions*
92 Friendly Home Office *Styled for stowing*
95 Endless Summer *Easy, breezy solutions for style on a budget*
103 Boring to Bright *A dowdy guest room gets happy in a hurry*
186 Easy Steps to a Sparkling Bath

CRAFTS

109 Divine Salvation *Making the most of found objects*

CONTINUED ON PAGE 7

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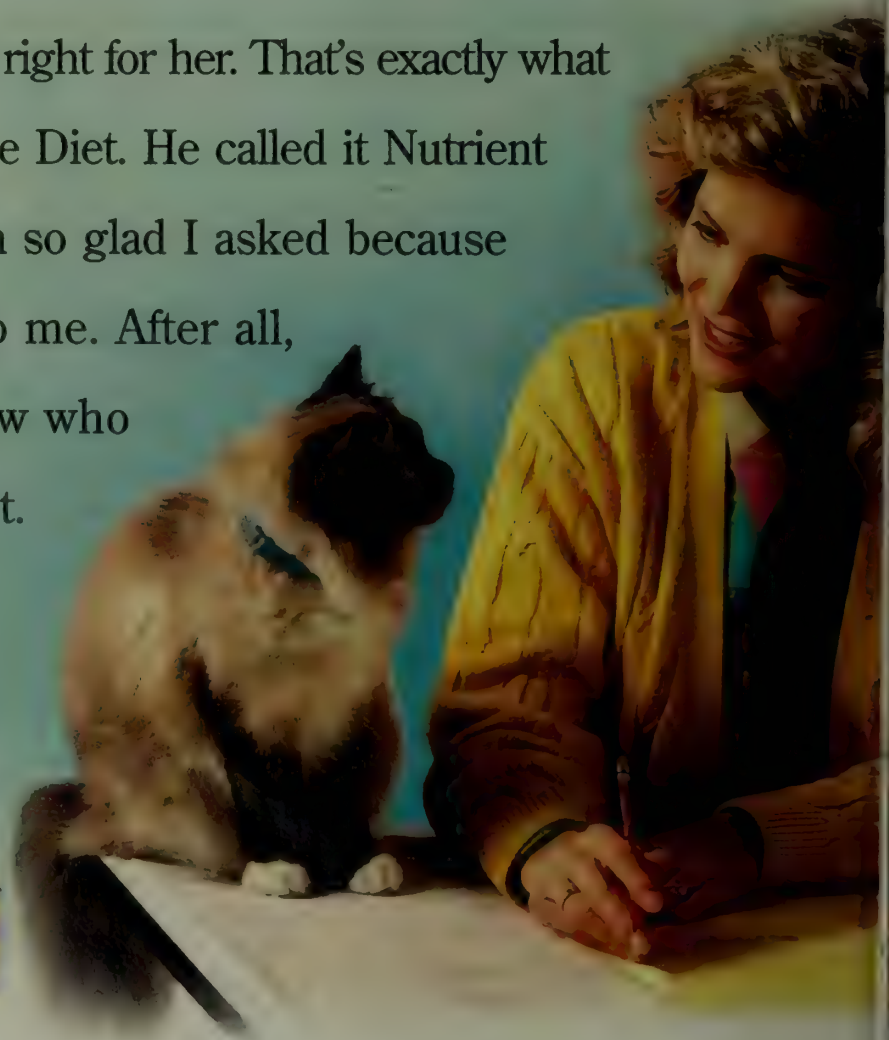
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I admit it. I talk to my cat. And I don't mean just talk. I mean TALK. Real meaningful

conversation. In fact, more satisfying conversation than I have with most people. Naturally, I want to do everything I can to keep Cleo her healthy best. So, I asked my veterinarian what food he recommends. Without skipping a beat, he said, "Hill's® Science Diet®." He said just as I have to eat a proper balance of foods to keep healthy, Cleo has to have a balance that's right for her. That's exactly what she gets with Hill's Science Diet. He called it Nutrient Precision.™ I like that. I'm so glad I asked because Cleo is very important to me. After all, she's the only one I know who can actually keep a secret.



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CONTENTS CONTINUED FROM PAGE 4

FAMILY MATTERS

PARENTING AND EDUCATION

44 Why Fathers Count *The importance of being a dad*

48 Beating the New-School Blues *Smoothing the way for kids*

HEALTH

54 Taking the Heat *Avoiding the dangers of hot weather*

62 Seven Simple Steps That Could Save Your Life

66 How To Be Happier *Ten ways to improve your outlook on life*

71 What's Behind Those Funny Tricks Your Body Plays

ENVIRONMENT

124 Conserving Water in Your Home

CARS

176 New-Car Leasing *Today's deals could save you money*

TRAVEL

178 Driving Big Sky Country *Montana and Glacier National Park*

PETS

184 Pet IDs: Keeping Tabs on Tabby

GOOD FOOD

127 Antipasto Anyone? *Say yes to summer taste*

128 Good Food/Good Health: The Smart Salad

135 No-Cook Summer Meals *Ten delicious recipes to keep you cool*

146 Nutrition Information; Double-Duty Marinade

152 Recipe Index

154 Paint a Pretty Plate

156 Bread Machine Magic

158 Favorite Barbecue Sauce

162 Pucker Up for Perky Lemonade

164 Plum Catsup *Deliciously different*

167 Prize Tested Recipes® *Bean Salads, Raspberry Desserts*

170 Good-For-You Pesto *From fresh basil*

171 Win Money for Your Recipes

172 Corn Relish with a Caribbean Accent

SHOPPING

52 Buying Guide *Names and addresses of retailers and manufacturers*

186 Shopping Editor's Choice

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THIS COULD BE THE CANDY BAR NATURE INTENDED.™



EDITOR'S LETTER

JULY 1993

A FOND FAREWELL AND A NEW BEGINNING



Dear Readers,

This is the hardest of these letters I've ever had to write because the time has come to tell you all good-bye. I'm leaving my job as editor of *Better Homes and Gardens*® magazine to work full-time at starting new magazines for our company. This was a tough decision, but bringing new magazines to life is a challenge I just can't pass up.

Jean LemMon, whom you see pictured with me *above,* will be the new editor. Jean comes from *Country Home,* our beautiful sister magazine, which she has edited for seven years. She and I have been friends for more than 30 years. Jean, like me, started as a junior editor on the *Better Homes and Gardens* staff. She left to freelance and later returned as crafts editor, just before taking over *Country Home.* She's completely dedicated to helping you have better homes and family lives by giving you all the ideas, help, and inspiration our magazine can provide. She'll also bring her own fresh approach, which will add excitement to our pages over the months to come.

And, I won't turn away completely from my favorite magazine. I'll still be chairman of the board of The Better Homes Foundation to help homeless families. I'll work with Jean to raise money to support the foundation's activities, and we'll continue to tell you in articles several times a year about the folks we've helped and the folks who have helped us. I hope you will continue your generous support of homeless families as you've done in the past.

I can't deny that the excitement about my new job is tinged with sadness about leaving this one. I'll especially miss hearing from those of you who take the time to write. That lively correspondence is what keeps all of us here excited about our jobs and on our toes to provide the kind of magazine you want. I've always been especially pleased that most of you start your letters to me, "Dear David." I'm honored with the friendship this informal greeting indicates. And friends we always will be.

The real strength of *Better Homes and Gardens,* the reason it's been a successful magazine since 1922, is that all of us here are your friends. We're like your neighbors. We live in houses like yours and lead our daily lives much the way you do. We want the same things for our kids and ourselves that you want for your families. And we're always here to help. Keep those cards and letters coming, and be sure to start them all, "Dear Jean."

David Jordan

David Jordan, Editor in Chief

You can buy a fancier toothbrush. But you can't buy a more effective one.*



These days, there's no shortage of showy, fancy toothbrushes to choose from.

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FAMILY NETWORK®

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

SAFE AT HOME REPLY

In our March issue, an anonymous reader asked for hints for low-cost methods to protect her home from burglars at night. Here is one response.

If you have a pole light in your yard, add a photo cell control. The light will automatically come on at dusk and turn off at dawn. Replace your outdoor house lights with lights activated by motion detectors. The last thing a burglar wants is to break in to a well-lit house.

Cindy Scholer
Farmington Hills, Mich.

STUDENTS HELPING STUDENTS

I'm one of 21 students in my high school involved in a Peer Mediation and Facilitation program. Students are referred to us by faculty or other students to mediate problems before it becomes necessary for school authorities to intervene. We are trained to counsel situations from family concerns to gang-related problems. As peers, we often have a better understanding of the problems facing fellow students who just need a sympathetic ear or new ideas.

Kimberly Nave
Scottsdale, Ariz.

SHOPPING TIP

Is your child unruly at the grocery store? Try this. From magazine and newspaper ads, clip 25–30 pictures of items you use regularly and tape each one to a file card. Each week select several of these cards and have your child find the items as you proceed down the aisles. Reward her with 25 cents for each item found, then take her to a variety store where she can buy anything she can afford. My child now looks forward to grocery shopping day, and is also beginning to learn about handling money.

M. V. McCammon
Rolling Prairie, Ind.

AN EYE-OPENER

When writing to my grandmother whose sight is failing, I type the letter on my computer using very large type. She's thrilled to be able to read the letters herself rather than having someone read them to her.

Jennifer Er
Waterloo, Iow

NINTENDO BUCKS

My 9-year-old son loves video games, but he spends way too much time playing them. That's why w



devised Nintendo Bucks: five $1.00 cards (each worth one hour of playing time) and four 50-cent cards (each worth one-half hour of playing time). He gets all the cards on Sunday, to use any way he wishes, and they have to last until the following Sunday.

Janet Bierworth
Kansas City, Mo.

SAVING FOR THE FUTURE

When I was asked to be my nephew's godmother in 1983, I opened a savings account for him with an automatic payroll deposit of $2.00 a week. He'll be 10 this year and already there's $1,200 in his account. I'll be giving him this money when he graduates from high school, and I don't miss the $2.00 each week.

Sandi Krenzer
Rochester, N.Y.

RACK 'EM UP

My husband and I don't smoke but some of our friends do. Although they refrain from smoking in our house, there's still the problem of what to do with their coats when they visit during cooler weather. I solved the problem by installing a towel rack on the ceiling directly over my bathtub. Only smokers' coats are hung there.

Kathleen Siver
Colorado Springs, Colo.

PHOTO RESTORATION

If someone in your family or community has a house fire that destroys their photographs, look through your own photo album for pictures you've taken of that person or their family. Maybe you can help restore some of their memories with your photos of activities, reunions, and holidays.

Teila Tankersley
Colorado Springs, Colo.

READING MOM

These days, it's important to know your children's schoolmates. I've done this by volunteering as a "Reading Mom" in my son's third-grade class. It requires only one hour a week, and the rewards are many. I can get to know the children, the teacher is happy to have some free time, and my child is delighted to see me as "teacher for an hour."

Janice Fornaciari
Milford, Mass.

"COUPLE" TIME

We're a young working couple with children. By the time we get home, and get the smaller ones to bed, we're both dead tired. We have a strong marriage, but how do we find a way to create more "couple" time?

Pam Hansberger
Norwalk, Ohio

WRITE TO US

Family Network welcomes letters describing how you solved a problem involving your family or your community, or letters asking for help with a problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published. BH&G



HOW TO TAME A WILD BACKYARD



An imaginative design helped transform an unusable hillside.

Landscape architect: Scott E. Smith, Terra Design Group
Photograph: Ernest Braun

Consider your problem yard an opportunity. Here's how Doug and Lydia Pringle created this resort-like masterpiece out of a rocky, severely sloping hillside.

Overlook the obvious. Start by looking beyond your yard's obvious constraints. At first, the Pringles only saw an unusable piece of land. But their landscape architect envisioned this stylish redwood and brick deck, with a narrow lap pool, whirlpool, and shady arbor.

The key was building a retaining wall at the steepest part of the hillside and excavating the lower, more level part of the property. The deck and 6×35-foot pool then were built on a concrete base. A meandering stairway gently leads from the house, down the hill, and to the deck area.

Accent your attributes. Once you have a workable design solution, look for ways to accent your yard's attributes, thereby diverting attention from its shortcomings. The Pringles crafted a curving railing that conforms to the contours of the lot and directs your focus to the view beyond. The shapely arbor offers an attractive focal point that helps shade the area.

A nod to nature. Melding your project into its surroundings can downplay difficult terrain. Natural stones and plantings help the retaining wall blend inconspicuously into the landscape. To add shade and texture, the Pringles incorporated an existing oak tree into the deck. A black liner gives the pool a subtle, lake-like coloring, rather than an attention-grabbing blue hue.


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TAMING A SLOPE WITH TERRACES

A backyard is the most traditional place for families to gather, but Wendy and Robert Lightman head in the opposite direction when they want to relax. The couple's Portland, Oregon, property offers ample outdoor space, but it's all in *front* of their house.

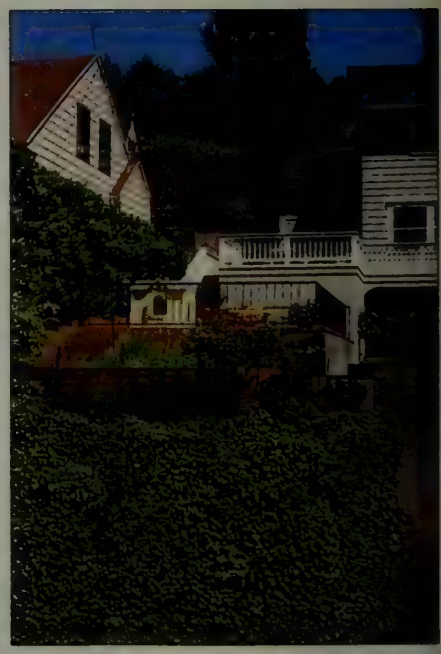
The yard was unusable when the Lightmans moved in. Dropping off like a ski slope, the hillside was too treacherous for their two young children to play on. "It was no place for a toddler," says Wendy. "Riding tricycles on the driveway was definitely out of the question."

Creating a safe place for the kids inspired the design of the terraces, which stairstep up the slope to the front entrance of the house. For young Alex and Elizabeth, the roomy play yard is a place they can call their own. The lower level is Wendy's domain, a tidy raised-bed vegetable garden. And for the whole family, the deck above is a sunny space to enjoy one another's company. BH&G



PHOTOGRAPHS: STEPHEN CRIDLAND. LANDSCAPE ARCHITECT: HUNTINGTON-KIEST. REGIONAL EDITOR:

Enclosed by a hedge, lumber retaining walls, and an iron fence, the play area is safe and fun. A few steps below is the raised-bed vegetable garden, where Wendy putters while the kids play.



With no backyard, Wendy and Robert Lightman retreat to their front yard for outdoor living. Terraced areas designed for lounging, playing, and gardening give everyone in the family something to cheer about.



The two hillside terraces consist of concrete retaining walls, brick trim, and pressure-treated lumber. Ivy holds the steep slope in place.

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FIRED UP FOR FUN
Build an on-deck fire pit

Rediscover the joys of summer-camp cookouts with a deck that's a fire pit at heart. Relax on the built-in benches while the fire blazes. After the embers have cooled, top off this backyard hot spot with a wooden cover that turns the pit into a picnic, serving, or coffee table.

THREE-SEASON ENJOYMENT

This fire-pit deck serves as a spill-over conversation area for the adjacent larger picnic deck. But its versatility makes it a candidate for your one-and-only, three-season outdoor entertainment area.

TERRIFIC TABLE OPTION

Architect Tad Anderson designed a wooden top to cover the fire pit and to work as a serving table. "I was careful to keep the cover for the pit at coffee-table height, because the family most often uses the deck as a conversation pit," he says. The tabletop offers a perfect spot for parking your variety of refreshments.



The covered fire pit serves as an outdoor table.

CAMPFIRE OPTION

When the fire pit is uncovered, it becomes a good old-fashioned campfire for roasting hot dogs or shish kebabs. At night, a crackling fire or glowing embers encourage cozy family gatherings for reminiscing or for sticky-fingered marshmallow roasts.

FAMILY-FRIENDLY DECK

To entice family and guests to linger, Anderson wrapped the pit on three sides with a railing and welcoming built-in benches, which create cozy sitting space around the fire pit. The railing forms a comfortable backrest for the benches without blocking views of the wooded backyard.

The smooth, uncluttered styling makes bench cleanup a breeze. A few swipes with a broom or a good hosing down keeps twigs and leaves from gathering underneath the benches' simple pedestal support system. Durable materials ensure that this deck and fire pit will provide outdoor enjoyment over many summers.



PHOTOGRAPHS: SUSAN GILMORE DESIGN: TAD ANDERSON; REGIONAL EDITOR: BERNADETTE BACZYNSKI

Rediscover the lip-smacking joys of campfire cooking. The pit is lined with fire bricks and a perforated bottom slab to drain away moisture.

FIRE-PIT POINTERS

The fire pit sits atop a dry well filled with gravel. The pit has a fire-brick lining, similar to the inside of a fireplace. To avoid the problems of a damp fire area, a perforated bottom slab allows moisture to drain away.





Round up the kids. Call the neighbors. Summer is finally here, and Pier 1 has just what you need to take you outdoors and into the sun and fun.

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you could be feeding lots of energetic kids. Our colorful acrylic glassware and flatware really make waves. Set them out with our Au Courant paper plates and napkins, an exclusive Pier 1 design. Add a whimsical papier mâché fish or platter, and you've got a carefree poolside buffet. They'll have just as much fun out of the water as in it.

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say olé

You don't have to go south of the border to have a fiesta. All you need are brightly colored plates, like our Roma and Mediterraneo shown here. Add serving bowls and platters, vivid napkins and placemats for extra color, and a pitcher full of homemade Sangria. For a casual, friendly feel, mix up the glasses, either from our extensive variety or mix some of ours with some of yours. Viva Mexico — right in your own backyard!

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A WELL-BLENDED DECK AND GAZEBO



PHOTOGRAPHS: BOB DALTON, REGIONAL EDITOR: MARGARET ANN FOWLER



The gazebo offers a perfect spot to sit and enjoy splendid views of the wooded terrain.

The once-bland back of this brick colonial is now all decked out with an addition that's both stylish and enjoyable.

Add another dimension to your house and your lifestyle with a backyard deck and gazebo.

So carefully crafted that it looks original to the home, this outdoor addition provides depth and substance to the formerly flat-faced back wall.

Plus, these homeowners gained a comfortable setting from which to enjoy their private wooded surroundings.

The gazebo serves as a true outdoor living room that comes complete with a vaulted ceiling, a spacious sitting and eating area, and a lighted ceiling fan.

Alternate railing panels of Chinese Chippendale design and vertical slats enclose the gazebo and the entire deck. With its two landings, the staircase offers easy access to the newly landscaped backyard.

The wood railing is painted green to match the house trim, while support posts coordinate with the home's brick cladding. Terra-cotta planters mark the entrance from the deck to the cozy gazebo.

The family's car fits comfortably into the lighted carport under the gazebo. Wood slats decoratively conceal generous under-deck storage of garbage cans as well as the air conditioning unit.

A STUNNING ENTRANCE
From flat to friendly



The front entry porch project transformed the image of this home's facade and gave Bob and Sandy some enjoyable outdoor living spaces.





Only 2½ feet high, the square-slatted railing offers privacy without creating a caged-in look.

Take a good hard look at your home's entryway. After studying theirs, Bob and Sandy Tatge built this handsome front porch. More than just shelter from the elements, this shapely addition perks up their home's facade, creates a sunny outdoor sitting spot, and offers a friendly first impression to visitors.

To accent the home's old-time elegance, the couple chose a porch design with traditional details. Built primarily from California redwood, the porch has a treated pine understructure and tongue-and-groove pine floorboards.

Stately columns—stock items at most any lumberyard—serve as corner supports, while double columns flank the steps to draw attention to the once-overlooked doorway. Fluted trim and corner blocks frame the front door, and lattice skirting anchors the foundation. The trim and skirting are also standard lumberyard products.

The Tatges brought drama to their entry with a barrel-vaulted porch ceiling that echoes the crescent-shaped woodwork over the door and on a dormer. The rest of the porch is covered by a trellis built from 2×4 redwood rafters with handsomely shaped ends. This open approach allows streams of light to reach the living room windows. To offset the home's boxy shape, the porch extends 4 feet beyond the right edge of the house.

A fresh coat of paint on the entire house helps tie the addition together with the original structure. A hanging brass light and glass-panelled storm door serve practical purposes with style. Foundation plantings merge the project with the yard.

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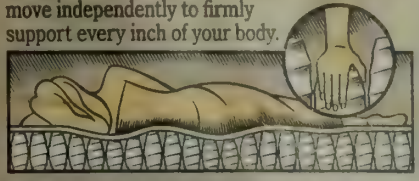
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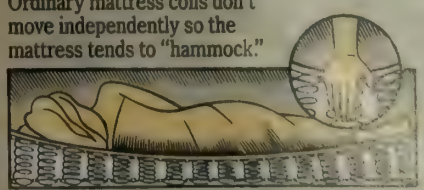
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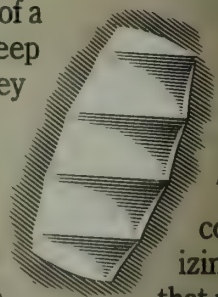
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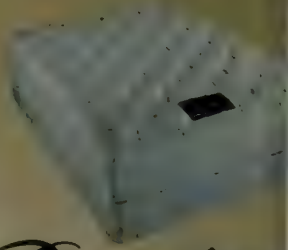
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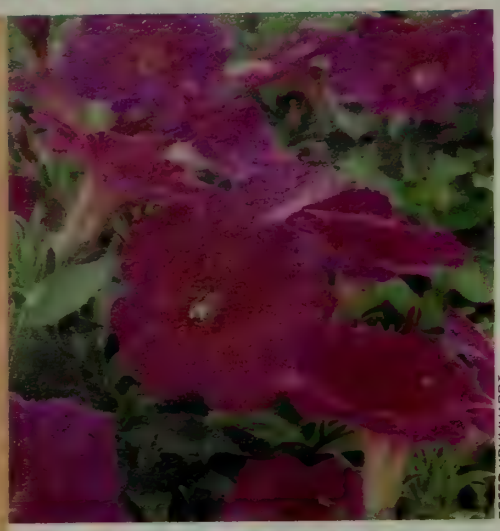
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GARDENER'S ALMANAC

JULY



PETER KRUMHARDT

SHEAR ANNUALS

By midsummer, annual flowers, such as petunia (*left*), dianthus, and alyssum, may become overgrown and produce fewer flowers. To rejuvenate tired plants, shear or pinch them back several inches. This will promote compact growth and heavier crops of new flowers.



TOOLS FOR TOUGH TASKS

Landscaping chores just got easier with the new, lightweight, long-handled Groundbreaker tools from the V & B Manufacturing Company. Each tool has a sturdy hickory handle and a solid cast-iron, multipurpose head. The tool line includes a pick, an ax, and a tiller. Heavier, full-sized models of the tools are also available. For a free user's guide wall chart, write: V & B Manufacturing Co., P.O. Box 268, Airport Industrial Park, Walnut Ridge, AR 72476. Or, call 800/443-1987.

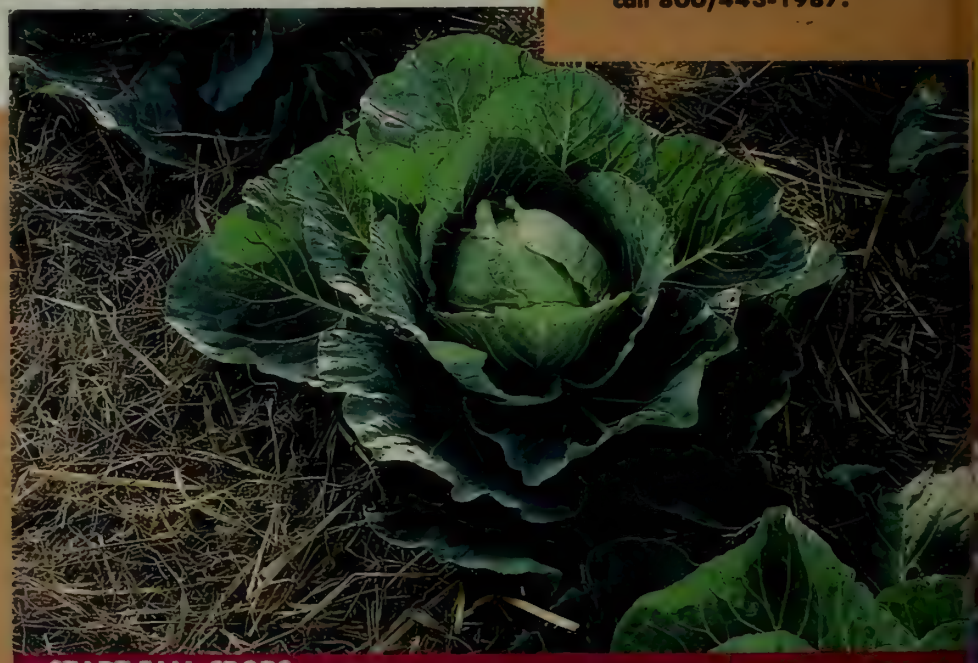
BY DOUGLAS A. JIMERSON



A CUT ABOVE THE REST

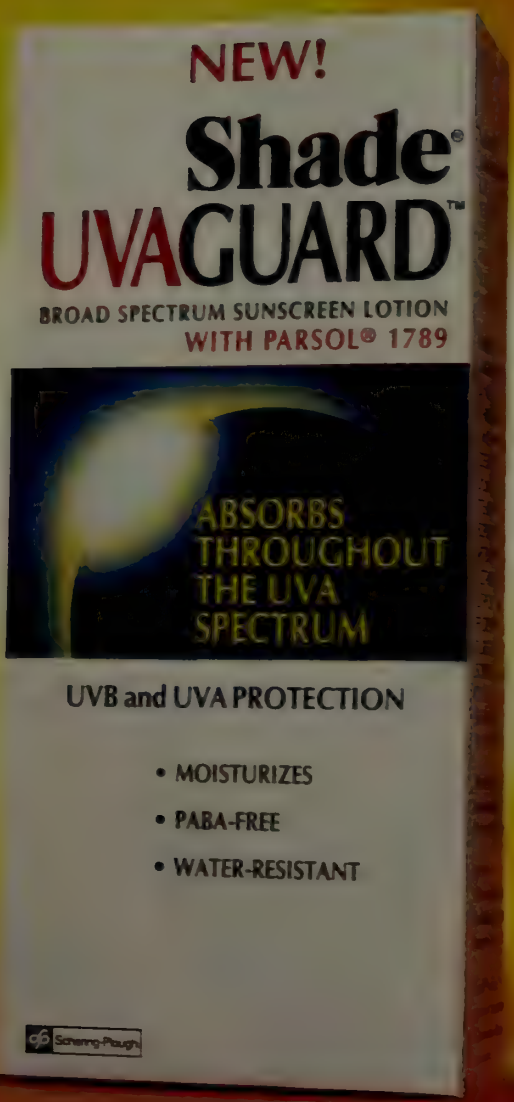
With a turning radius of just 24 inches, Simplicity's new **GT (Garden Tractor) Series** can maneuver around the **tightest of corners. The GT is** available in both a 14-hp **shift-on-the-go model, and a** 16-hp hydrostatic unit. Optional attachments include **tiller, snow thrower, dump** cart, dozer blade, turbo vacuum, and rear mulcher/shredder. **For more information, write: Simplicity Manufacturing, Inc., 500 N. Spring St., P.O. Box 997, Port Washington, WI 53074-0997.**

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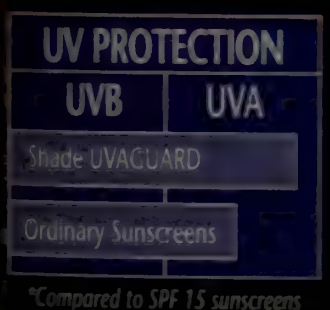
START FALL CROPS

Vegetables that grow best during the long, cool fall season should be started now. Chinese cabbage, brussels sprouts, cabbage, and cauliflower all can be sown in late June or early July. You can sow the seeds where the plants are to remain in the garden, or start them in an out-of-the-way garden corner and transplant them later, after they've developed their second true set of leaves. Thin or transplant the young seedlings so they stand 12 to 15 inches apart, and mulch to maintain soil moisture and eliminate weeds. If cabbage butterflies are a problem in your area, it's a good idea to keep your crops covered with a spun polyester row cover. Green Acre cabbage, *above*, is one of many cabbage varieties you can choose from.



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California


Oregon


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Gardening where *you* live

by Douglas A. Jimerson

Midsummer *tips* from our test gardens

Handpicked from across the land, our regional test gardeners, Karen Kees, Peter Chan, Phyllis Cole, and Roy Wyatt, are some of the best teachers we know. Here's an update on their gardens and a roundup of some of their favorite midsummer gardening tips and techniques. Try them in your garden this season.



◀ Karen Kees' garden is divided into several planting areas, each creating a different environment to benefit different types of plants.

▶ Because she lives in a desert area, Karen relies on drought-resistant plants such as: statice, red flax, larkspur, gaillardia, dusty-miller, California poppy, artemisia, and a variety of roses.

Gardening where *you* live

California

Karen Kees loves flowers and fills her San Diego, California, test garden with masterful combinations of annuals, perennials, natives, and bulbs. Karen avoids plants that don't grow well in her climate in favor of low-maintenance species such as California poppy, portulaca, and lamb's-ears.



MOSTLY MULCH

A thick mulch of shredded bark and leaves is Karen's secret to a successful summer flower garden. The mulch maintains vital soil moisture, inhibits weeds, and encourages soil-building earthworms.



INSTANT GARDEN

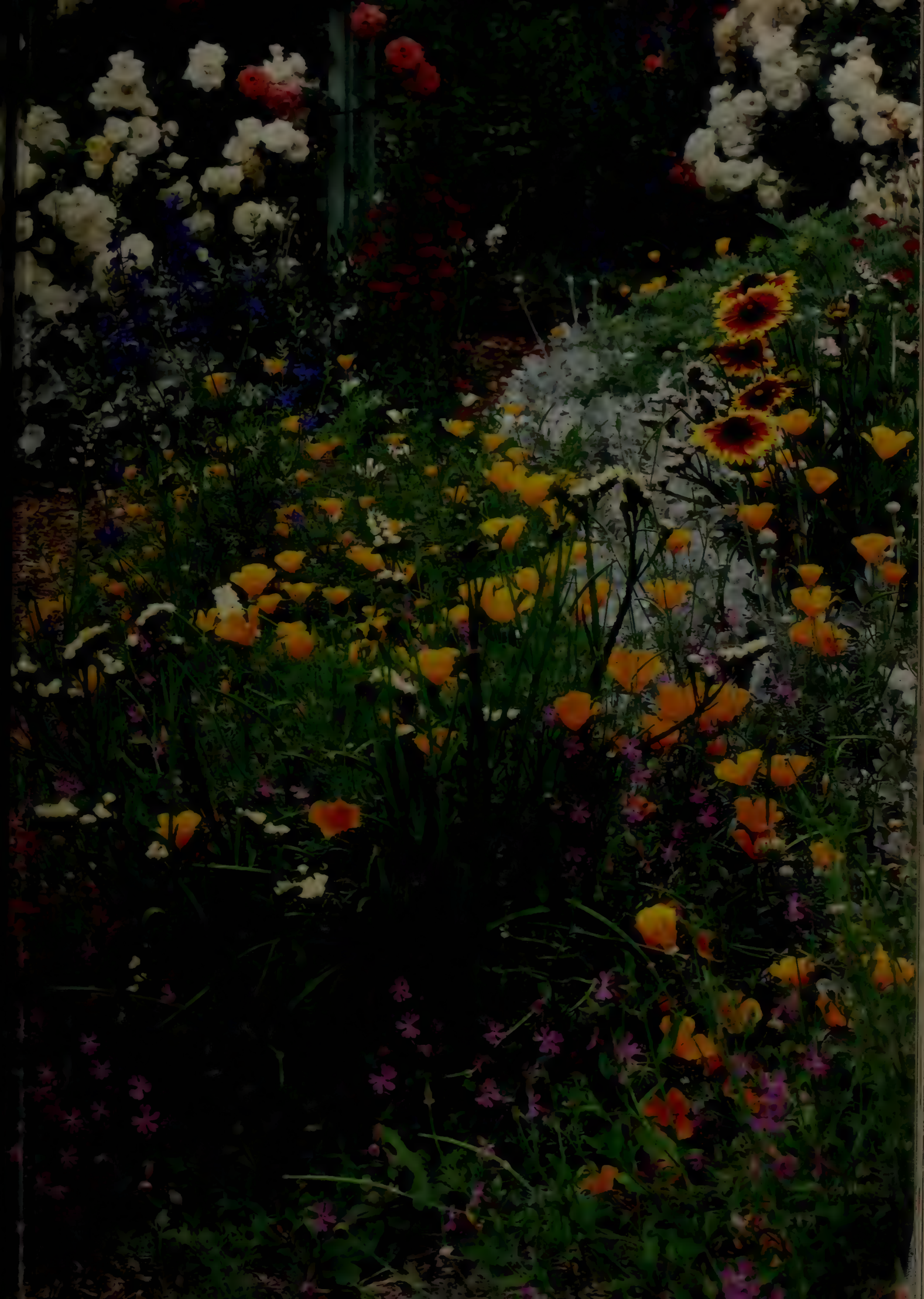
Unable to remove an ugly expanse of asphalt near her back door, Karen decided to camouflage the area with a raised bed of gravel. For color, she sinks potted blooming plants into the stones.

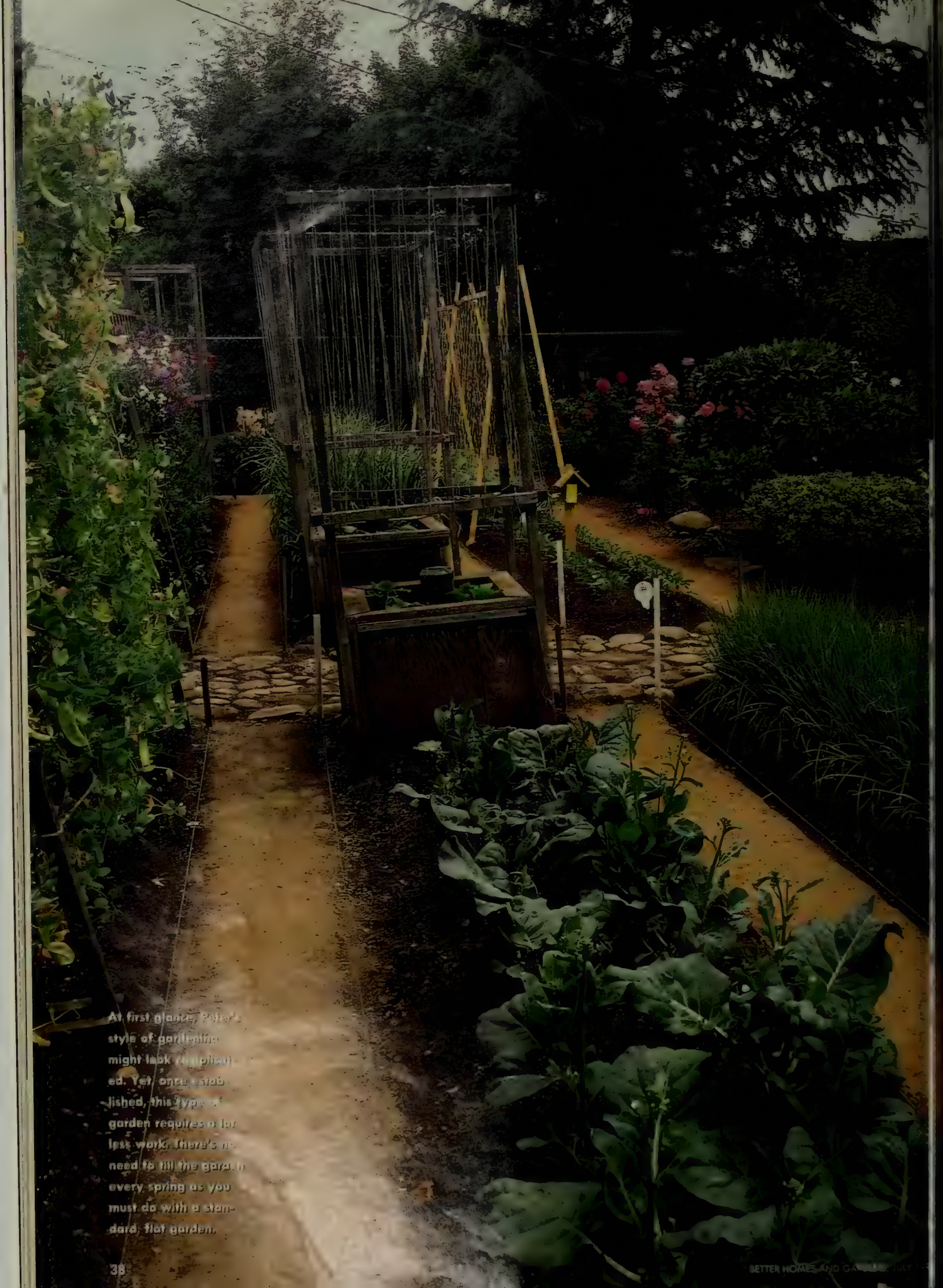


PRUNE FOR FALL BLOOM

In midsummer Karen prunes her roses to promote fall bloom. She also feeds the plants at this time. By October, varieties such as White Iceberg are laden with new flowers.

PHOTOGRAPHS: KIM BRUN, REGIONAL EDITOR: SHARON HAVEN





At first glance, Peter's style of gardening might look complicated. Yet once established, this type of garden requires a lot less work. There's no need to till the garden every spring as you must do with a standard, flat garden.



◀ In the spring, Peter Chan gets Swiss chard and lettuce plants off to an early start by protecting them from the elements with a portable cold frame made from PVC pipe and plastic sheeting. When the weather warms, Peter removes the plastic.

▼ To improve the soil in his garden, Peter Chan dug a system of raised beds similar to those used in southern China. The beds are 4 feet wide and are separated by 1-foot-wide paths. The finished garden consists of ten 25-foot-long planting beds.



PHOTOGRAPHS: STEVE CRIDLAND, REGIONAL EDITOR CATHY HOWARD

Gardening where *you* live

Oregon

It's hard to believe that Peter Chan's magnificent Oregon test garden is contained within the confines of a standard-sized backyard. In fact, his garden measures only 25 × 50 feet, yet it can outproduce vegetable and fruit gardens on acre-sized plots. The secret? Raised beds and a continuous supply of water and fertilizer. Here are some of Peter's favorite summer gardening tips.



WATER MELONS

Melons and squash grow best when they have a constant supply of water. So, Peter fills a ½-gallon bottle with water and upends the bottle in the soil of his melon planter. One bottle lasts three days.



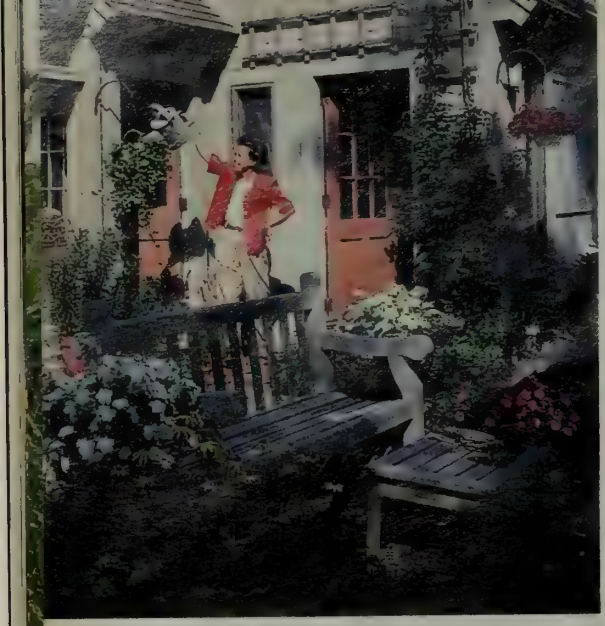
CROWD YOUR CORN

According to Peter, squeezing sweet corn into a small garden is easy when you use raised beds. That's because the loose, rich soil allows you to plant your crops close together. Peter's corn is six inches apart.



STAKE TOMATOES

Peter lets only the main stem and two side branches of each tomato plant develop. All other branches are pinched off as they appear. Peter also clips the leaves from the bottom of each plant for air circulation.



◀ As Phyllis Cole's landscape business began to thrive, she built a barn and greenhouse to house the overflow of plants and equipment.

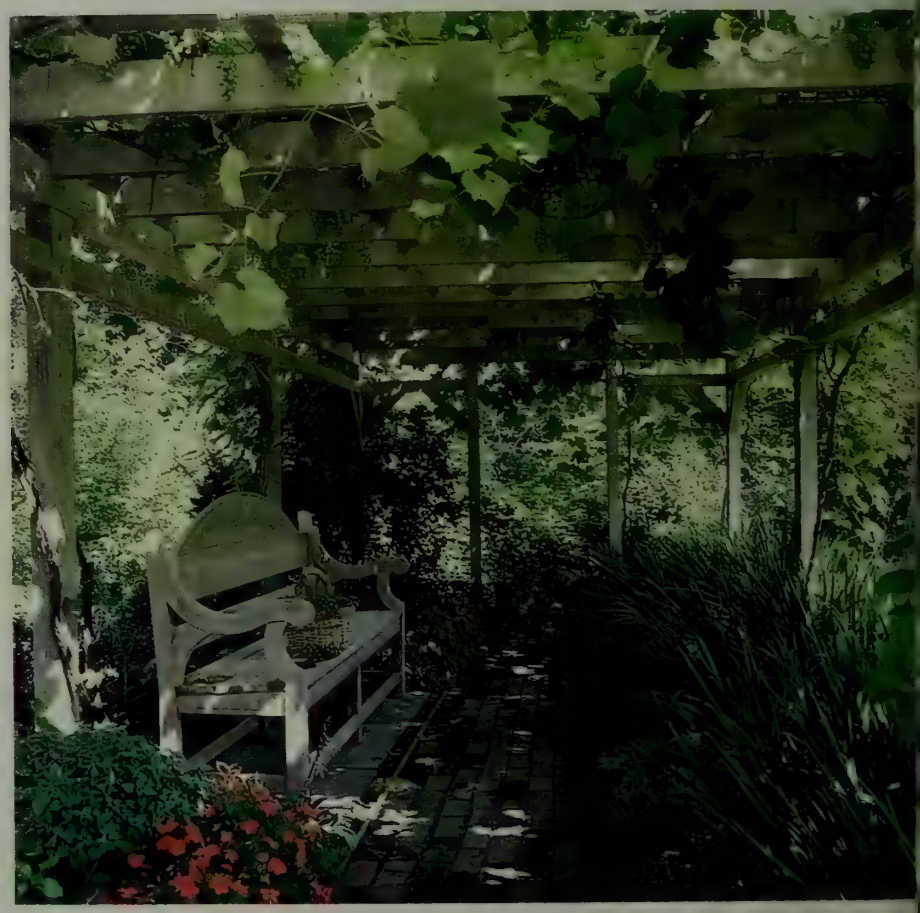
▼ After a hard day working in the garden, Phyllis retreats to her grape arbor hideaway. A leafy canopy of Concord, Himrod, and Suffolk grapes covers the structure.

▶ New Guinea impatiens, Swedish ivy, Nonstop and angelwing begonia, clivia, and geranium flourish on Phyllis' east-facing porch. All of these plants love sun in the morning and shade in the afternoon.

Gardening where *you* live

Massachusetts

We'd like you to meet Phyllis Cole, our new Massachusetts test gardener. Her love affair with gardening started in 1966 when she took on the challenge of landscaping her new home. Before she knew it, Phyllis' neighbors were asking her for gardening and landscaping advice. Today, she manages a thriving landscape design practice in her hometown of Osterville. Here are some of Phyllis' favorite gardening tips.





MASS COLORS

Instead of mixing a rainbow of colors in your annual border, Phyllis suggests you use only one or two compatible shades in each bed. Here, a drift of red nicotiana blooms behind an edging of purple ageratum.



BEGONIAS FOR SHADE

Phyllis recommends potted Nonstop begonias and coleus for drab, shady spots that need a dose of color. Nonstop begonias come in a variety of colors, but salmon is Phyllis' favorite.



TRY RAISED BEDS

Weeding and harvesting vegetables is a snap when you grow your crops in raised beds. Phyllis' low-maintenance 12×20-foot vegetable and herb garden is as productive as it is good-looking.





Gardening where *you* live

Georgia

Roy Wyatt, our Southern test gardener since 1988, cult vates a variety of vegetables, fruits, and flowers at his A pharetta garden. Roy uses a small greenhouse to start h plants and then moves the seedlings into his garden as the develop. When he's not gardening, Roy writes and teache about the subject.



BAG YOUR APPLES

Birds often peck holes in Roy's apples right before harvest. To fend off the marauders, he covers each apple with a paper bag. The bagged apples remain flavorful, but sometimes lose some color.



GROW BEANS WITH CORN

To double harvests on the same plot of ground, Roy plants pole beans at the base of his corn plants. As the beans develop, they use the corn for support.



PICK OKRA FREQUENTLY

Unlike other vegetables, okra doesn't have a long "shelf life" on the plant—it may become inedible if not picked often. Roy harvests his pods every two days.



THIN FRUIT TREES

Fruit trees, such as plums, have a tendency to produce more fruit than the plants can handle. To promote a large, healthy harvest, Roy pinches off excess fruits about six weeks after the trees bloom.



CONSIDER CONTAINER GARDENS

Save garden space by growing tomatoes and peppers in containers. Roy plants Early Girl tomatoes in 10-gallon plastic pots. He puts two plants into each pot and ties them to a trellis as they develop.



FEED HANGING BASKETS

Hot summers can be stessful for flowers in hanging baskets. To keep his plants in top form, Roy waters daily and adds a liquid plant food every three weeks. BH&G



NO NASTY ANYTHING

One look and you'll know. Softsoap® Cleansing Liquid for Sensitive Skin has no irritating dyes. And no harsh chemicals. It's clearly the only liquid hand soap made to be gentle enough for sensitive skin. And Softsoap® for Sensitive Skin is *dermatologist-tested*. And *hypoallergenic*. It's part of the Softsoap® family for every member of your family.



Softsoap. *Your hands will thank you.*

WHY FATHERS COUNT
The importance of being a dad



Most research on child rearing has focused on the mother/child relationship, relegating fathers to the proverbial backseat. Yet, the few studies that do exist on the role of fathers underscore their importance.

When fathers function as active parents, the studies show, their children tend to be more self-confident. They are more adaptable, outgoing, and independent. They possess better social skills, exhibit fewer behavior problems, and do better in school. As teens, these kids are less likely to have problems with sex, drugs, or alcohol than children whose dads sit on the sidelines.

The operative concept in these studies is fathers who are *actively involved.* My wife, Willie, and I had to learn that the hard way.

DAD AS PARENTING AIDE

For a time when our children were young, I served merely as a parenting aide. Like a classroom in which there is a teacher and a teacher's aide, our home had a real, honest-to-goodness parent—my wife—and her parenting aide—me.

I would come home from work in the late afternoon to find Willie (a) exhausted from taking care of children all day long, (b) at the end of her rope concerning the children's antics, (c) mad at me for being at work during the day, or (d) all of the above.

Sensing imminent homicide, I'd put down my briefcase and say, "Just tell me what to do, honey." The parenting aide can't figure things out for himself.

Even when Willie went out, I retained the role of aide. We said I was "baby-sitting" or just "sitting." But when Willie was alone with the children, we said she was home with the children.

The parenting aide just stays with the kids every now and then to give their real parent a break. When the children asked me for something, I'd say, "Go ask your mother." When there were teacher conferences, Willie attended and gave me a report.

ADVICE FOR PARENTS

When I finally realized what had been going on in our family, I saw that many, if not most, fathers were in the same state of affairs. It was the fault of neither dads nor moms, but it was—and is—something that only dads and moms working together can remedy:

- Put your marriage first. Willie and I started spending more time with one another than we did with the children. "One big happy family" took a backseat to just the two of us doing things together. I now call this "benign neglect."
- Become a husband-and-wife parenting team. Willie began saying, "Wait until your father gets home." That told our children that we made most decisions together, whether it was a matter of a child wanting to go to the movies or needing to be punished.
- Agree to disagree. When a decision had to be made on the spot, the parent on the spot made the decision. If we disagreed, we discussed it privately, but the decision stood. This brought me off the sidelines onto the playing field. My relationship with the kids became more active and relaxed.
- Limit after-school activities. We trimmed activities to no more than one per week and began requiring the kids to find creative ways of occupying their own time, rather than doing a lot of things for them. Willie stopped thinking that in order to be a good mother, she always had to be busy. As we began sharing parenting responsibilities, the children quickly became more independent and less demanding. The overall stress level in the family dropped considerably, which enabled greater closeness with the kids.

As a result of our policy changes, the time we spent together as a family was more meaningful. Before, Willie and I felt compelled to spend a certain amount of "quality time" with the children. Once we started putting more quality time into the marriage, the time spent with the children not only occurred more spontaneously, but felt more natural. Best of all, the parenting aide disappeared. ■

—Family psychologist John Rosemond's most recent book is Parent Power! *(Andrews/McMeel).*

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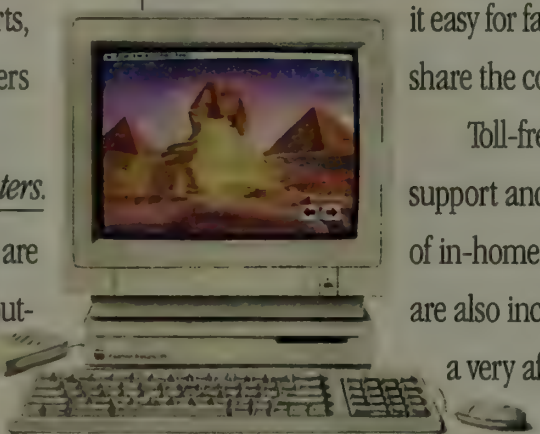
A Performa – combined with any of ...dreds of Mac® educational programs – ...es learning interactive, ...lving and enjoyable. ...courages students ...lish up their ...ework projects ...ause mak- ...changes is so easy). And because Performa makes it incredibly simple to combine text with artwork, photographs and charts, ordinary reports and term papers can look extraordinary.

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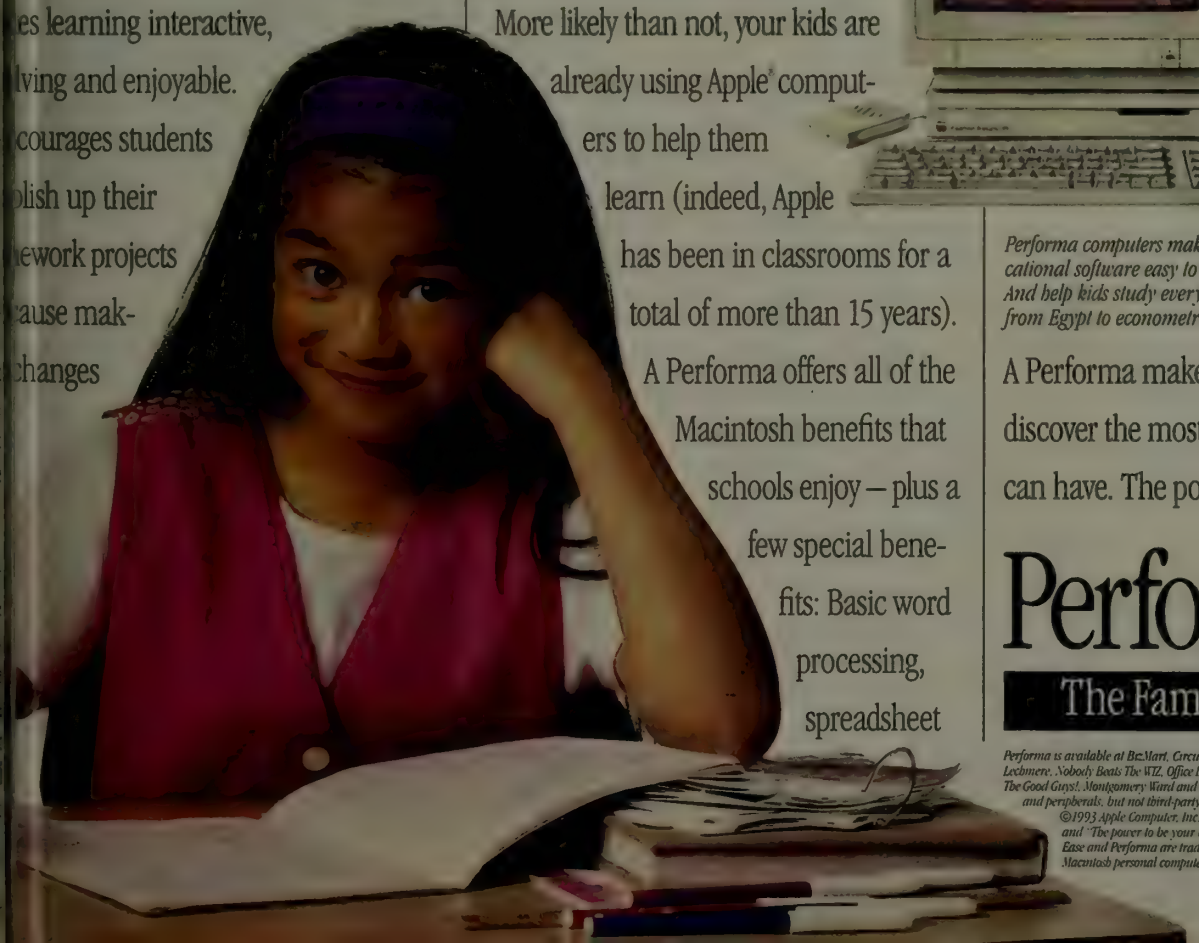
A Performa offers all of the Macintosh benefits that schools enjoy – plus a few special benefits: Basic word processing, spreadsheet and other software is preinstalled, along with a program called At Ease™ that makes it easy for families to share the computer.

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Ask The Nutritionist



by Annette Warpeha, Registered Dietitian, Nutritionist

Q: I want my family to eat more fiber. But I'm worried that we'll have to give up taste to get it. Any suggestions?

A: You don't have to give up taste to get more fiber. Many foods give you both. Breakfast is a good time for your family to eat more fiber and enjoy it, too. A bowl of Post® Fruit & Fibre® cereal is a good example. It has 5 grams of fiber. That's 20% of the recommended daily intake. And it tastes terrific because it's loaded with raisins, dates, nuts and oat clusters.

During the day serve what I call "fun" fruits and vegetables. For instance, bananas, apples or strawberries. Try corn-on-the-cob as your dinner vegetable. Most people love it. And did you know that you can even get fiber from popcorn?

Q: I've read that we should eat 6 to 11 servings of grains a day. Why? And how can I possibly eat that much?

A: Grains are an excellent source of carbohydrates. So you should eat more of them as you eat less fat. It's also surprisingly easy to increase grain servings. 1 cup of pasta equals 2 servings, so does a sandwich with 2 slices of bread. As you can see, grain servings add up quickly.

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BEATING THE NEW-SCHOOL BLUES

continued from page 48

Encourage involvement. Extracurricular activities are great self-esteem builders as well as the optimal way to make new friends.

"If you just go to school, attend classes, and go home, you'll be lonely and never meet anyone," says former Californian Carol Nelson, now a senior at a Colorado high school.

Most teens will experience some depression after a move. Temporary trouble—a slight slump in grades or occasional angry outburst—is quite normal. Parents need to acknowledge these feelings, not deny them.

Active involvement in school activities was Carol's saving grace, and she encourages kids who move to do the same. She also wisely advises them not to forget their old friends. "It's important not to lose contact with the friends you just left. Write to them often and hang mementos of things you did in your locker," she suggests. "Those ties make you feel better until you make new friends."

Moving can be a positive experience. "Often, families get closer during a move and kids acquire important transition skills that will serve them well later in life," says Dr. Kelly.

HOW TO CHOOSE A SCHOOL

Sue Rossen has moved at least 14 times in 20 years. Happily settled in a Los Angeles suburb at present, she says finding the right schools for her three sons has been a priority with every relocation. "Whenever possible we try to select the school first and the neighborhood second," she says. "Often, my husband goes ahead and does lots of investigating."

Besides looking for academic excellence, the Rossens check on extracurricular activities. "We also talk to parents to get a feel for what a particular school has to offer in addition to academics," says Sue.

Betsy Thompson, director of Student Services for Colorado's Jefferson County Schools, urges parents to spend time in the building. "There's nothing like a face-to-face meeting with school administrators, teachers, and counselors to determine the philosophy and expectations of a particular school," says Thompson.

"When teenagers are involved, parents should help them prioritize the types of classes, clubs, and activities they value. That's the way to ensure that their needs will be met," she says.

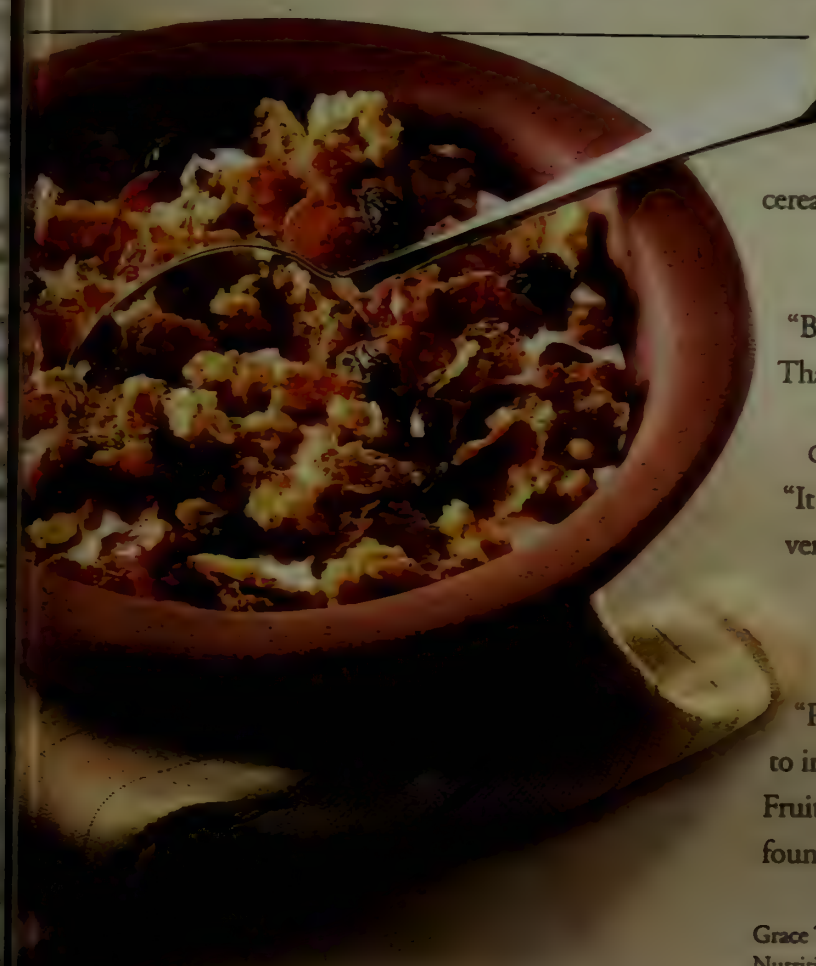
The U.S. Office of Education, in its booklet, "Choosing a School for Your Child," instructs parents to consider these factors:

- Curriculum. What will the school be teaching your child? Know which basic areas are covered and what elective and extra activities are offered.
- Philosophy. Within one district there may be traditional and alternative schools available. Visit both.
- School Policies. What are the rules on discipline and homework? How is student progress measured?
- Proof of Results. Ask to see test scores for the past few years. If the scores have been declining, discuss this with the principal. Check attendance rates for both students and teachers, and ask about drop-out rates. Ask about positive signs too.
- Facilities. Look for adequate physical education facilities and at least one large room or auditorium for performances and meetings.
- Staff. How many teachers are there, and what is the student/teacher ratio? For the middle and high school levels, ask how many teachers are required to teach outside their field.
- Ask about services that will help your child adjust. "Many schools offer student-to-student programs that are helpful to kids in transition," says Betsy Thompson.

FOR MORE INFORMATION

- *Kids on the Move/Meeting Their Needs,* National Association of School Psychologists, 8455 Colesville Road, Suite 1000, Publications Dept., Silver Spring, MD 20910; 301/608-0500, Ext. 25. Order #6078. Cost: $22.00.
- "Choosing a School for Your Child," U.S. Department of Education, Consumer Information Center, Dept. 417Z, Pueblo, CO 81009. Cost: 50 cents.
- *Getting the Most from Public Schools,* George A. Goens, Ph.D., and Sharon I. R. Clover, Ed.D., Pineapple Press, Inc., O.O. Drawer 16008, Sarasota, FL 34239. $11.95 postpaid.

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Laurel Dauer, R.D.

Laurel Dauer, Registered Dietitian, Nutritionist, California

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Carol Meyerowitz, RD

Carol Meyerowitz, Registered Dietitian, Nutritionist, New Mexico

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Nelda Mercer, R.D.

Nelda Mercer, Registered Dietitian, Nutritionist, Michigan

"People are looking for simple and delicious ways to increase their fiber intake. When I recommend Fruit & Fibre®, I know they've found one."

Grace Tam, R.D.

Grace Tam, Registered Dietitian, Nutritionist, Texas

We recently hosted a breakfast for 297 nutritionists and registered dietitians from 42 states during a national conference. After trying Post® Fruit & Fibre® cereal, they were asked if they'd recommend it. 92% of them said "yes." Why? Because Post® Fruit & Fibre® is a great tasting way to get fiber every day. It's the only high fiber cereal with a delicious combination of plump raisins, chewy dates, chunks of walnuts, crunchy oat clusters and crispy high fiber bran flakes. Read why so many of these experts recommend Post® Fruit & Fibre®.

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Shirley Schulzman, Registered Dietitian, Nutritionist, Maryland



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SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

BUILDING FOR THE FUTURE

Page 77: Roofing, "Zip Lock"—Carroll Wholesale, Inc., 1181 Watertank Rd., Burlington, WA 98233. **Windows**—Summit, Northwest Aluminum Products, P.O. Box 886, Kent, WA 98035. **Porch columns**—Focal Point, P.O. Box 93327, Atlanta, GA 30377-0327; 800/662-5550. **All exterior and interior door levers**—Domas, 8550 E. 33rd, Indianapolis, IN 46226.

Pages 78–79 (*left*): Flooring—Ipocork, 1280 Roberts Blvd., Ste. 403, Kennesaw, GA 30144. **Sofa and striped chair**—Carter Furniture, Box 1869, Salisbury, NC 28144. **Boat sculpture on coffee table**—Wally Warren, Mia Gallery, 536 First Ave, S, Seattle, WA 98104. **Area rug**—Oasis Oriental Rugs, 5655 University Way, Seattle, WA 98105. **Wicker chairs**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Fabric on wicker chairs**—Kravet Fabrics Inc., 225 Central Ave, S, Bethpage, NY 11714. **(*Right*): Pellet stove,** "Whitfield"—Pyro Ind., Inc., 11625 Airport Rd., Everett, WA 98204.

Pages 80–81: Legs for coffee and end tables—Amisco Ind., 33 Fifth Ave., L'islet, Quebec, Canada GOR2CO. **Tops for coffee and end tables**—Wood-Mode Cabinetry, Kreamer, PA 17833. **Table lamp**—Lightning Bug Ltd., 320 W. 202nd St., Chicago Heights, IL 60411; 800/323-3226. **Tile on backsplash**—Antiqua Tile, C.T.T. Inc., 3251 Oradell Ln., Dallas, TX 75220. **Countertop**—Formica Corp., 10155 Reading Rd., Cincinnati, OH 45241. **Dining table and chairs,** "Banister Collection"—Taylor Woodcraft Inc., Attn: Leslie, P.O. Box 245, Malta, OH 43758.

Pages 82–83 (*top left*): Cabinets "Brookhaven"—Wood-Mode Cabinetry, Kreamer, PA 17833. **Island**—Taylor Woodcraft Inc., Attn: Leslie, P.O. Box 245, Maita, OH 43758. **Table settings**—Nido, 1920 ½ First Ave., Seattle, WA 98101. **Range**—Garland Commercial Ind. Inc., Freeland, PA 18224. **Refrigerator and dishwasher**—Modern Maid, 403 N. Main St., Topton, PA 19562-1499. **Kitchen sink and faucets**—Blanco America Inc., 1001 Lower Landing Rd., Ste. 607, Blackwood, NJ 08012. **Ceiling fixture**—Lightning Bug Ltd., 320 W. 202nd St., Chicago Heights, IL 60411; 800/323-3226. **Tile on backsplash**—Antiqua Tile, C.T.T. Inc., 3251 Oradell Ln., Dallas, TX 75220. **(*Bottom left*): Microwave oven**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **(*Top right*): Track lighting**—Lightning Bug Ltd. (address above). **Lavatory faucets**—Dornbracht, Santile Int. Corp., 1201 W. Loop N, Ste. 170, Houston, TX 77055. **Mirrors**—Amisco Ind., 33 Fifth Ave., L'islet, Quebec, Canada GOR2CO. **Carpeting**—Philadelphia, Div. of Shaw Ind., 616 E. Walnut Ave., Dalton, GA 30722. **(*Bottom right*): Cabinets and hardware**—Wood-Mode Cabinetry (address above).

Page 84 (*top*): TV set—Magnavox, Philips Consumer Electronics, One Philips Dr., P.O. Box 14810, Knoxville, TN 37914-1810. **(*Bottom*): Wall-mounted light**—Lightning Bug Ltd., 320 W.

02nd St., Chicago Heights, IL 60411; 800/323-3226. **Woolen nrow**—Egberts, 2231 First Ave., Seattle, WA 98101. **Ceiling an**—Beverly Hills Fan Co., 6033 DeSoto Ave., Woodland ills, CA 91367. **Framed art on wall**—Deborah Mersky, Mia allery, 536 First Ave., S, Seattle, WA 98104. **Steeping tub**—ydro Systems, 50 Moreland Rd., Simi Valley, CA 93065. **hower door**—Basco, 7201 Snider Rd., Mason, OH 45040; 00/543-1938.

NDLESS SUMMER

ages 96–97: Coffee table—Pier 1 Imports, P.O. Box 96102, ort Worth, TX 76161-0020; 800/447-4371. **Pillow fabrica-on**—Dana Hollister, Odalisque, 7278 Beverly Blvd., Los An-eles, CA 90036.

age 98: Floor tile, "Solarian"—Armstrong World Ind., P.O. ox 3001, Lancaster, PA 17604.

age 99: Striped bed linens—Laura Ashley, Inc., 1300 Mac-rthur Blvd., Mahway, NJ 07430; 800/223-6917. **Printed bed nens,** "Victorian Tapestry"—Eileen West for Utica; 800/533-229. **Pillow fabrication**—Dana Hollister, Odalisque, 7278 everly Blvd., Los Angeles, CA 90036.

ROM BORING TO BRIGHT

age 103: Baby crib, "Somerhus Ensemble" **mattress,** Peaceful Dreamer"—Child Craft, Box 444, Salem, IN 47167. **Vood blinds,** "Heartwood" by Joanna—A CHF Co., P.O. Box 10727, Charlotte, NC 28241-2076; 800/800-7878. **Goose own comforter**—The Company Store, 500 Company Store d., LaCrosse, WI 54601; 800/323-8000. **Paint**—Sherwin-Villiams; for paints used in this room contact your local Sher-in-Williams dealer. **Poster,** E1036, "Picasso"—Poster riginals, 330 Hudson St., New York, NY 10013. **Poster rame**—Graphik Dimensions, Ltd., 41-23 Haight St., Flushing, Y 11355; 800/221-0262. **Rocker**—Heirloom, Lloyd Flan-ers, P.O. Box 500, Menominee, MI 49858. **Unfinished mir-or, chest**—Sears Catalog; 800/366-3000. **Sheets used for rib accessories,** "Buttercup, Terracotta, Marine, Raspberry, apphire"—Sheridan, P.O. Box 164, Greenville, SC 29602; 00/777-9563. **Stuffed dog**—RUSS; 800/343-RUSS.

age 104: Valance, shower curtain fabric—Sheridan (ad-ress above). **Buttons**—JHB International, 1955 S. Quince, enver, CO 80231. **Mini blinds**—Levolor Lorentzen, Inc., 1 pper Pond Rd., Parsippany, NJ 07054. **Wood pole, sup-orts**—Kirsch, P.O. Box 0370, Sturgis, MI 49091. **Towels**—annon Royal Family, 800/237-3209. **Paint**—Sherwin-Wil-ams; for paints used in this room contact your local Sherwin-Villiams dealer.

IVINE SALVATION

age 110: Chair—Keyser Sculpture, 160 W. Meadowlark ane, Corrales, NM 87048; 505/897-0468. **Needlepoint illow**—JAMESA, 20 River Rd., Apt. 4A, Roosevelt Island, Y 10044.

age 111: Mosaic table—Concetta Morales, 304 15th St., 401, Des Moines, IA 50309.

ages 112–113: Lace curtains—Especially Lace, 202 Fifth t., West Des Moines, IA 50265.

age 114: Table Lamp, "Sintesi"—Artemide, 1980 New lwy., Farmingdale, NY 11735. **Paint,** "Tan Raffia"—Devoe, 000 DuPont Circle, Louisville, KY 40207.

O-COOK SUMMER MEALS

age 135: Plate, "Twilight"—Hartstone, Inc., P.O. Box 2626, anesville, OH 43702.

ages 136–137: Glass—Pier 1 Imports, P.O. Box 961020, ort Worth, TX 76161-0020; 800/447-4371. **Fork,** "French

continued on page 118

HOW TOUGH IS WOOLITE® TOUGH STAIN™ RUG CLEANER?

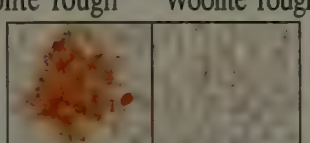
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Tough on even the toughest stains.™

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TAKING THE HEAT
Here's how you can avoid the dangers of hot weather



The heat is on. But before you decide to climb any mountain or hoe any row, take a few minutes to learn the facts about working up a sweat in the hot weather. Failure to heed these warnings could lead to fatigue, weakness, prickly heat, or even a life-threatening condition called heatstroke.

Ease on down the road. Don't go all out until you've given your body a chance to get used to hot weather. Take five to 10 days to adjust, gradually spending more time daily in the heat. Expect fatigue and lethargy initially. Stay in the shade, take cool showers, eat a light diet, and wear loose clothing. Work during cooler parts of the day.

You should lay low when the temperature and humidity are high. Under these conditions, sweat can't evaporate quickly enough to keep you cool, says David Nieman, professor of health promotion at Appalachian State University and author of *Fitness and Sports Medicine, An Introduction* (1990, Bull Publishing, Menlo Park, Calif.).

Drink, drink, drink. Working hard on hot days, you can produce 2 quarts of cooling sweat every hour, says Bruce Wenger, M.D., Ph.D., at the U.S. Army Research Institute of Environmental Medicine in Natick, Massachusetts. Replace that water by drinking two cups of water before exercise, one cup every 15 minutes during a workout, and several cups afterward. If you are not exercising, drink a pint per hour.

Above all, don't wait until you feel parched. Thirst kicks in only after you've already become 1- to 2-percent dehydrated, says Wenger. Force fluids when it's hot.

Not all fluids are helpful. "Avoid alcohol and caffeinated drinks," says John E. Greenleaf, Ph.D., research physiologist at NASA's Ames Research Center at Moffett Field, California. Both increase your body's water loss.

Take some breaks to allow your body time to process the water you're drinking. At peak effort, your body can't absorb water as fast as you can sweat it off, explains Nieman.

Don't skip meals. Eating helps keep you hydrated. Food contains water, plus beverages usually accompany a meal. Also, "Food increases the concentration of salt and sugars in the blood, which activates thirst," says Greenleaf.

The dogs days of summer aren't the time to start working like a dog. Give yourself time to get used to the heat.

But do skip the salt tablets. They aren't necessar for the vast majority of people, and can be harmful.

Listen to your body. If you are fatigued, grumpy and prone to headaches in the hot summer months, i may be that you are not drinking enough. To get good idea, check the color of your urine. "If the urin is darker than lemonade, increase the amount of wa ter you drink," says Wenger. Weigh yourself befor and after working in the heat. For every pound yo lose, drink two cups of fluid.

Watch kids and seniors. Both preteens and th elderly need to take special care in hot weathe Young kids have trouble regulating their body tem perature. With seniors, the danger is that the heat wi worsen conditions such as heart disease. Notes Niema "the problem is more one of fitness than age," says Niema Active and healthy 60-, 70-, and 80-year-olds can functio just fine in the heat.

DANGER! HEATSTROKE

Excessive loss of water can lead to dizziness, confusio nausea, chills, drops in strength and coordination, clamm skin, and collapse. If these symptoms of heat exhaustic develop, respect them. Lie down in the closest coolest plac loosen or remove clothing, and drink.

In extreme cases, exhaustion gives way to heatstroke, life-threatening condition. Often, but not always, profu sweating has ceased and the skin is hot and dry. Breathing shallow, but the pulse is rapid. Victims may be unconsciou Call for emergency help immediately. Move the victim to cool place and remove the victim's clothing. Cover with wet sheet (don't let it dry out) and fan until help arrives.

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MY CURE

Cures Most Vaginal Yeast Infections

Mycelex®-7

First time sufferers should contact their physician. If you've had a doctor diagnose a vaginal yeast infection before, read and follow directions.

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"When I read that menopause can cause osteoporosis, I decided to do something about it."

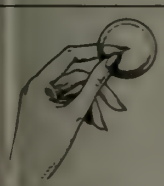
Maybe you've read about it yourself: the loss of estrogen at menopause can speed up bone loss, which may lead to postmenopausal osteoporosis. You could lose up to 50% of all the bone mass you'll ever lose in just the first seven years after menopause begins. So the time to do something about it is now.

Estraderm® Can Help Prevent Osteoporosis

A calcium-rich diet and exercise are key elements in an osteoporosis-prevention program. Estraderm can help, too. Estraderm, available by prescription only, is a clear patch that delivers a form of estrogen through your skin into the bloodstream, much the same way your ovaries did before menopause. The patch is usually worn on the buttocks to minimize the skin irritation that can sometimes occur.

Benefits Vs Risks Of Estraderm

It's important to balance proven benefits against possible risks. Estraderm has been used safely for years by millions of women to relieve hot flashes, night sweats, and other menopausal symptoms. And a study at the Mayo Clinic has confirmed that Estraderm can halt bone loss and prevent postmenopausal osteoporosis. Of course, this doesn't mean that Estraderm is for every woman. Pregnant women should avoid any estrogen therapy. Also, estrogen therapy has been associated with an increased risk of uterine cancer. And you should tell your doctor if you've ever had cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting or any heart disease.



"The Patch" A nonmedicated sample is included in the free information kit.

Important Issues To Discuss With Your Doctor:

Q. Am I at risk for postmenopausal osteoporosis?

— All women lose some bone during menopause. But some lose more than others. At your next regular check-up, you should discuss your own osteoporosis risk profile as well as the benefits and risks of estrogen therapy.

Q. What can I expect from Estraderm as part of an osteoporosis-prevention program?

— This depends on when you begin therapy, the condition of your bones when you start, and how long you continue. Don't forget: a calcium-rich diet and exercise are also important parts of an osteoporosis-prevention program.

Free: More Information And A Nonmedicated Sample

A sample nonmedicated patch is yours to try as part of a free kit containing more information about menopause and postmenopausal osteoporosis. Just call 1-800-521-CIBA, or send this coupon.

To receive your free nonmedicated sample and kit, mail to CIBA, P. O. Box 907, Spring House, PA 19477-9945

1-800-521-CIBA, EXT. BH13B

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

BH-13

ESTRADERM® ESTRADIOL TRANSDERMAL SYSTEM AVAILABLE IN 0.05 MG AND 0.1 MG STRENGTHS.

See next page for additional important information.

Estraderm

ESTRADIOL TRANSDERMAL SYSTEM

Now the change of life doesn't have to change yours.

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CIBA

Estraderm®

estradiol transdermal system

Continuous delivery for twice-weekly application

BRIEF SUMMARY (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT).

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae; and prevention of osteoporosis (loss of bone mass).

Estrogen replacement therapy is the most effective single modality for the prevention of postmenopausal osteoporosis in women. Case-controlled studies have shown a reduction of approximately 60% in the incidence of hip and wrist fractures in women who began estrogen replacement therapy within a few years of menopause. A recent, well-controlled, double-blind, prospective trial conducted at the Mayo Clinic has demonstrated that treatment with Estraderm prevents bone loss in postmenopausal women at a dosage of 0.05 mg per day.

Treatment with Estraderm 0.05 mg showed full maintenance of bone density with a slight (0.8%), but not significant, increase. Placebo treatment resulted in a significant loss of more than 6% below baseline vertebral bone mass. Patients using either Estraderm 0.1 mg, or 0.05 mg, had significantly greater bone densities than those using placebo.

Other studies suggest that estrogen replacement therapy reduces the rate of vertebral fractures.

Peak bone mass is reached at age 30 to 35 and can best be maximized by adequate calcium intake and exercise during the adolescent and early adult years. Early menopause is one of the best predictors for the development of osteoporosis. White women are at higher risk for osteoporosis than white men, black women are at higher risk than black men, and thin women are at higher risk than obese women. Cigarette smoking may be an additional risk factor. Calcium deficiency has been implicated in the pathogenesis of this disease. Therefore, when not contraindicated, a calcium intake of 1000-1500 mg/day either by diet or supplements is recommended for postmenopausal women.

Immobilization and prolonged bedrest produce rapid bone loss; early weight-bearing exercise has been shown to both reduce bone loss and to increase bone mass. The optimal type and amount of physical activity that might lower the risk for osteoporosis have not been established.

CONTRAINDICATIONS

Patients with known hypersensitivity to any of the components of the therapeutic system should not use Estraderm.

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up study has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether due to the estrogenic or progestogenic component of the contra patients with a history of depression should be carefully observe
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there i increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patie receiving estrogen, the medication should be discontinued while cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaire function and should be administered with caution in such patien
10. Because the prolonged use of estrogens influences the meta of calcium and phosphorus, estrogens should be used with caut patients with metabolic bone diseases associated with hypercalc and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert printed below.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be a by estrogen-containing oral contraceptives. The following chang been observed with large doses of oral estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, ar decreased antithrombin 3; increased norepinephrine-induced aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increa circulating total thyroid hormone (T_4) as measured by colum radioimmunoassay; free T_3 resin uptake is decreased, reflectin elevated TBG; free T_4 concentration is unaltered; TBG was no affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration decreased pregnanediol excretion.

The pathologist should be informed that the patient is receivin estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since ma drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential advers on the fetus, induction of malignant neoplasms, increased incid gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm clinical trials was redness and irritation at the application site. T occurred in about 17% of the women treated and caused appro 2% to discontinue therapy. Reports of rash have been rare. The also been rare reports of severe systemic allergic reactions.

The following additional adverse reactions have been reporte estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, char menstrual flow; increase in size of uterine fibromyomata; chang cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloat cholestatic jaundice have been observed with oral estrogen ther

Eyes: Steepening of corneal curvature; intolerance to contact

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

DOSAGE AND ADMINISTRATION

The adhesive side of the Estraderm system should be placed or dry area of the skin on the trunk of the body (including the butt abdomen). The site selected should be one that is not exposed sunlight. *Estraderm should not be applied to the breasts.* The si application must be rotated, with an interval of at least 1 week a between applications to a particular site. The area selected sho be oily, damaged, or irritated. The waistline should be avoided, tight clothing may rub the system off. The system should be ap immediately after opening the pouch and removing the protecti The system should be pressed firmly in place with the palm of for about 10 seconds, making sure there is good contact, espe around the edges. In the unlikely event that a system should fal same system may be reapplied. If necessary, a new system ma applied. In either case, the original treatment schedule should b continued.

Initiation of Therapy

Treatment of menopausal symptoms is usually initiated with Es 0.05 mg applied to the skin twice weekly. The dosage should b adjusted as necessary to control symptoms. The lowest dosag necessary for the control of symptoms should be used, especia women with an intact uterus. Attempts to taper or discontinue medication should be made at 3-to 6- month intervals.

Prophylactic therapy with Estraderm to prevent postmenopa bone loss should be initiated with the 0.05 mg/day dosage as possible after menopause. The dosage may be adjusted if nece control concurrent menopausal symptoms. Discontinuation of replacement therapy may reestablish the natural rate of bone lo

In women not currently taking oral estrogens, treatment wit Estraderm may be initiated at once. In women who are current oral estrogen, treatment with Estraderm should be initiated 1 w withdrawal of oral hormone replacement therapy, or sooner if menopausal symptoms reappear in less than 1 week.

Therapeutic Regimen

Estraderm therapy may be given continuously in patients who have an intact uterus. In those patients with an intact uterus, Es may be given on a cyclic schedule (e.g., 3 weeks on drug follo week off drug).

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The drama is real, the artistry is Lenox.

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were born to challenge. To nemselves and prove their against the wind, the moun- the air. Proud bald eagles, ols of freedom.

ribute to these remarkable the artists of Lenox have ed a porcelain work of art redible power. *Challenge of gles*. A sculpture of motion, y and intensity.

the masters of nature art.

ature portrayed on a grand by the masters of porcelain vo magnificent eagles poised in the air, their wings massively unfurled. Eyes sharp, they take each other's measure in search of territorial supremacy.

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BY AMY ROFFMANN NEW

SEVEN SIMPLE STEPS THAT COULD SAVE YOUR LIFE

Try to think of a lifesaving medical device. Do meat thermometers come to mind? Or running shoes? Almost certainly not, yet these mundane items—and others just as prosaic—save more lives than a hospitalful of high-tech machinery.

Good health has more to do with our everyday behaviors and habits than with any miracles medical science can devise. We asked experts which little steps yield big health gains. Here's their list of seven ounces of prevention—easily worth seven pounds of your doctor's prescriptions, and a lot less expensive, to boot.

1. BUCKLE UP—EVERY TIME

"Safety belts are one of the most effective ways to prevent injury," says Mike Brownlee, Associate Administrator of Traffic Safety Programs for the National Highway Traffic Safety Administration. They can cut your risk of death in an accident by about 50 percent. Seat belts also dramatically reduce your risk of injury.

There's never a reason *not* to buckle up, even if you are going only a short distance. "The bulk of accidents occur within five miles of your house," says Brownlee, "a compelling reason to buckle up each and every time. Using safety belts on short trips helps buckling up become an unbreakable habit—when you jump in a car you automatically buckle your belts.

"Think of it as your three-second fix—that's about how long it takes to snap a belt," he says.



2. HANDLE FOOD WITH CARE

Many cases of food poisoning would be prevented if we all used a meat thermometer to make certain our food has been cooked to a safe temperature: at least 160 degrees internal temperature. (Cook poultry to 180 degrees if you don't like it pink.) That's the word from Susan Conley, manager of the Meat and Poultry Hotline for the Food Safety and Inspection Service of the USDA. Ground meats should always be cooked completely through—until juices run clear and no pink remains. That's because grinding spreads bacteria throughout the meat so surface doneness isn't sufficient.

Here are a few more safe-handling tips from Conley:

- Keep foods refrigerated until they're served.
- Wash hands, utensils, and cutting boards in hot, soapy water after handling raw foods.
- Don't leave food sitting out for more than two hours at room temperature or one hour on a warm day. If food must sit out longer, keep hot foods at 140 degrees and cold foods below 40 degrees.



3. GET YOUR SHOTS

Vaccinations help protect kids from many illnesses we once called "childhood diseases." But did you know that adults can benefit from immunizations too? Here are the shots adults should consider, according to John Mullen, public health advisor with the National Center for Prevention Service's Division of Immunization:

Flu. Flu isn't just uncomfortable. It kills an estimated 10,000 individuals each year in the United States. "Influenza vaccine is recommended for many people, particularly those who have a special risk—older people or people with cardiac or respiratory disease," says Mullen. "Anyone who has lots of contact with the public during flu season should also consider getting an annual flu shot."

Tetanus. A Td booster shot (for combined tetanus-diphtheria protection) every 10 years will guard most adults against tetanus infection.

Measles. If you were born after 1957 and can't document that you had at least one dose of live measles vaccine starting on or after your first birthday, check with your doctor.

continued on page 64

Vaginal dryness has many causes. Fortunately, there's a long-lasting solution.



Childbirth, menopause, stress—so many reasons vaginal dryness begins. But no estrogen-free, long-lasting solution. Until Replens® vaginal moisturizer.

Comfort that lasts for days. Replens actually replenishes your body with long-lasting natural moisture. Unlike lubricants, Replens can be used in advance, leaving you free to be spontaneous. And Replens comes in convenient, pre-filled applicators.

Works without estrogen. Replens is completely non-hormonal, so you can feel comfortable using it. What's more, it's odorless and contains no irritating perfumes.

Recommended by more gynecologists. Leading gynecologists have tested Replens, and more gynecologists recommend it, by far. So feel free to ask your doctor or pharmacist about Replens.

Discover Replens. Soothing comfort that lasts for days.

PARKE-DAVIS FEMALE HEALTH CARE

SIMPLE STEPS THAT COULD SAVE YOUR LIFE

continued from page 62

Adults born before 1957 probably got the measles from a friend or relative and so are immune. Adults born after 1957 may have missed the vaccine or gotten a less potent version.

4. START MOVING

If there is a formula for a longer life with less disability, J. Michael McGinnis, M.D., may have it. The secret: Moderate to vigorous exercise, done three to four days a week for 20 to 30 minutes, says McGinnis, assistant surgeon general and director of the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services. Studies cited by McGinnis show that exercise reduces your odds of suffering heart disease, colon cancer, and stress.

You don't need to knock yourself out. Just find a pulse-raising activity you can enjoy several times a week, says McGinnis. Or start with a 30-minute walk once a week and work up to a brisk pace (4–5 miles per hour) for 20 to 30 minutes three to four times a week.

5. GET REGULAR CHECKUPS

These days, most of us only see the doctor when we're sick. However, now that there are dozens of useful tests that can reliably detect disorders before they grow into major problem it's a good idea to have regular med cal checkups.



Don't confuse *regular* with *annua* however. "Most people should have physical in their late teens or earl twenties, when they start to work, advises Robert Orford, M.D., consu tant in Internal and Preventive Med cine at Mayo Clinic. "That's just t make sure there are no obvious med cal conditions that require furth evaluation and treatment."

During your 30s, Orford recon mends having two or three physic exams. In your 40s, four exams shoul suffice. Once you reach 50, a physic every two years is a good idea, the annual exams over the age of 60.

Exams vary by age and medical hi tory, but should normally include thorough medical history, discussio about any current health problem and an evaluation of your weight an diet. (For women, ask your doctor advice on the frequency of Pap smea and mammograms.)

Your checkup should also inclu



least these two simple tests: blood essure and serum cholesterol. Keep- g these results in line can pay off in a wer risk of heart disease, stroke, and host of other disorders.

In addition to physicals with your mily doctor, Orford suggests that yone with a noisy job or family his- ry of hearing problems have their aring checked periodically. Vision oblems should be evaluated with an e exam as they occur, or every two three years if you already wear asses or contacts.

ASK MORE QUESTIONS

You'll get better medical care if you ke the time to ask your doctor ques- ons about your health. Here are me tips from McGinnis on becom- g a better health-care consumer:

- Keep up with what's being reported the media about health and preven- ve medicine. Educate yourself at the brary or send for free booklets.
- Make sure that the services you're ing offered are those you need. Ask ur doctor, "Is this test necessary?"



- Talk to your doctor. Discuss your health concerns with your doctor. Ask for (and follow) advice on diet, exercise, and on quitting smoking.

SLEEP ON IT

Sleep allows the brain to reset its temperature-regulating systems and gives the body a chance to repair some of the damage we do each day. Without sleep to let the body catch up, the whole system can go haywire. Research points toward lack of sleep as a factor in many accidents.

The average adult needs about seven hours of sleep a night. "There are normal people who sleep 10 to 11 hours a night. But 95 percent of people are within six to eight hours," says Vincent Zarcone, M.D., professor of Psychiatry at Stanford University.

According to Zarcone, there are three factors in getting a restful sleep. The first is circadian rhythm, which requires that you rest and rise at roughly the same time each day. The second factor is how much external forces, such as a barking dog, a work project on your mind, or overall stress, affect you. The third factor has to do with excessive amounts of caffeine, nicotine, and alcohol, all of which interfere with sleep.

And things don't get any easier when you get older. "It's harder to maintain sleep as you age, but still possible," says Zarcone.

Looking for a good night's sleep? Try these suggestions: limit intake of caffeine, alcohol, and nicotine; go to bed and get up at about the same time every day; find a quiet place to sleep (away from television, radio, barking dogs, and so on); and use relaxation techniques to reduce stress before you go to bed.

Notice Anything?



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BY JOHN B. THOMAS

HOW TO BE HAPPIER
Ten ways to improve your outlook on life



You don't have to break the bank on fancy cars, expensive homes, or lavish vacations to find happiness in your life. Affluence, as well as age, gender, race, and education, are rarely connected to inner joy, research shows. The truth is, you have a surprising amount of control over your own well-being.

Happiness is hard to measure, yet most psychologists view it as a constant feeling that life as a whole is fulfilling, meaningful, and pleasant.

Starting down the road to well-being can be as simple as *acting* happy, says social psychologist David Myers, Ph.D., professor of psychology at Hope College in Holland, Michigan. Dr. Myers researched hundreds of scientific studies on happiness, including an international study of 170,000 people, for his 1993 book *The Pursuit of Happiness* ($20, Avon Books).

Here's what Dr. Myers told us about happy people, and how you can bring more joy into your life.

The myths of happiness. Everyone has heard that "money can't buy happiness," but studies show that few people believe it. Except for the rich, who tend to believe that added wealth offers little additional joy, most folks say that 10 to 20 percent more money will bring them more happiness.

Dr. Myers finds that such expectations are wrong. Once people have met their basic needs of food, clothing, shelter, and human rights, then happiness relies largely on things unrelated to money, such as meaningful activities and enriching relationships.

A University of Michigan national survey found that what matters more than true wealth is perceived wealth. "Happiness isn't so much getting what you want as it is wanting what you have," says Dr. Myers.

If you like who you see in the mirror, chances are you'll be happier. Feel good about yourself.

Age, gender, race, and education—like money—offer few clues about happiness. There's no time of life that makes people significantly more or less happy, for example. Men and women pretty much agree about general life satisfaction. Highly educated white people have only a *slight* advantage on the happiness scale, and education as a whole accounts for only a fraction of the variation in sense of well-being.

THE ROAD TO WELL-BEING

If you're dissatisfied with your life, be forewarned: There's no quick fix for unhappiness. There are, however, certain traits common to people who say they are happy. Follow the ten steps outlined below, and you could improve your outlook on life as well.

1. Learn to like yourself. Studies show that folks who think well of themselves are less vulnerable to life's inevitable setbacks and struggles.

The University of Michigan's studies of well-being in America underscore the power of healthy self-esteem: The greatest indicator of general life satisfaction is not satisfaction with family life, friendships, or income, but satisfaction with self.

Liking yourself seems easy enough, but how can you achieve a true, healthy sense of self? "Self-esteem grows out of achieving realistic goals," says Dr. Myers. "For most of us, there's a gap between expectations and goals, and this often leads to frustration. We can find greater contentment by making our expectations more realistic."

In addition, try to avoid comparing yourself to people a rung or two higher on the ladder of good looks, income, job success, athletic skill, and so on, says Dr. Myers. Such comparisons may damage your self-esteem.

2. Take control of your destiny. The University of Michigan nationwide studies on well-being pointed out that the 15 percent of people who feel in control of their lives and satisfied with themselves have "extraordinarily positive feelings of happiness."

Numerous experiments show that when people are empowered, their health and morale improve. When Yale psychologist Judith Rodin encouraged nursing home patients to make choices about their environment and to influence policy, 93 percent became more alert, active, and happy.

"People thrive best under conditions of democracy and freedom," says Dr. Myers.

continued on page 68



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HOW TO BE HAPPIER

continued from page 66

3. Practice expecting the best. "Happy people are hope-filled and have a positive spirit amid the ups and downs of life," says Dr. Myers.

Overall, can-do people stay healthier and get fewer illnesses. When optimistic people do suffer a medical setback, they often rebound sooner and more strongly than pessimists.



Research backs this up. Harvard graduates who had the most pessimistic attitudes when interviewed in 1946 were less healthy than optimists when reinterviewed 34 years later.

4. Become more extroverted. Studies indicate that happy people tend to be more outgoing. For example, a study of University of Illinois students found that extroverts, when questioned four years later, were more likely than introverts to be married and to have good jobs and close friends. Such things often characterize happy people.

5. Try acting happy. Look in the mirror and fire off a big grin. Do it again. Experts say that your attitudes can, with practice, *follow* your behavior instead of shape it.

"You can't just sit around waiting for the inspiration to become happier to strike you," says Dr. Myers. "Rather, you need to get up and start acting more like happy people act, talking like happy people talk."

Experiments demonstrate that acting out happiness often works. You may feel like a phony at first, pretending to be happy and affable, but eventually the phony feelings disappear, says Dr. Myers.

"Acting happy won't transform a shy introvert into a bubbly extrovert in 30 days," he says. "But it can help you take steps in the right direction."

People who identify themselves as being religious report higher levels of happiness.

6. Consider new work. A job that matches—and challenges—your intelligence and skills leads to greater happiness. Work that's too time-consuming or difficult may promote anxiety or stress.

Satisfying work almost guarantees more personal joy. That's because work helps define who we are and how people perceive us. A higher-status job within your field of work also may add to your overall happiness because it gives you a feeling of personal control.

"The best jobs give us a sense of positive identity," emphasizes Dr. Myers. "They become part of who we are."

Good jobs also let us connect with others and experience a healthy sense of community and support.

Whatever you do, get a job. People who are employed are far more satisfied with life than the unemployed, finds Dr. Myers.

7. Sleep, sleep, sleep. Our nation suffers from massive sleep deprivation. In fact, one out of every five Americans may not get enough sleep, according to The Better Sleep Council. Not exactly a prescription for joy.

Researchers have shown that a good night's sleep means better health, greater productivity, fewer accidents, and improved mood.

For more tips and information on sleep, you can order The Good Night Guide by sending $1 to: The Better Sleep Council, P.O. Box 13, Dept. BHG, Washington, DC 20044.

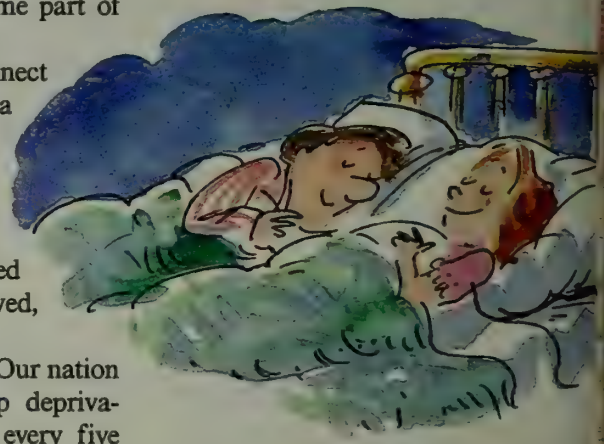
8. Foster close relationships. For several reasons, close ties to other people translate into better health. Such relationships provide a release valve for painful feelings. The loss of such confidants can be devastating. A Finnish study of 96,000 widowed people showed that their risk of death doubled in the week after their partner's death.

Close relationships also lead to higher levels of joy. Without such attachments, people are more apt to feel that life is meaningless.

Finally, close relationships encourage intimacy, which enables people to open up and share their true self to another, an antidote to feelings of loneliness and despair.

9. Tie the knot. Married folks enjoy happier lives than singles. "Marriage, when it goes well, provides an intimate and enduring relationship that generally breeds a deep sense of well-being," says Dr. Myers.

Does happiness lead to marriage or marriage lead to happiness? Both, says Dr. Myers. "There's two-way traffic between happiness and marriage. Happy people are more socially attractive than depressed people and, therefore, more likely to marry."



10. Have faith. In terms of well-being, religion plays the largest role among the elderly.

"Religion helps people cope with crises better," says Dr. Myers. When facing bereavement, disability, divorce, unemployment, and so on, people cope better and recover their sense of well-being more easily if they have a deep religious faith."

Religion offers social support and long-term hope and a sense of purpose in life. It also may help people focus their attention on other people's needs instead of their own—a tendency often identified in happy people.

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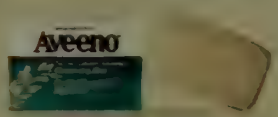
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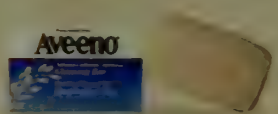


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WHAT'S BEHIND THOSE FUNNY TRICKS YOUR BODY PLAYS



Oh, sweet mysteries of life! If you've ever wondered why you get a charley horse or what *really* happens when your leg falls asleep, you've come to the right place.

Even if you haven't thought about these matters, stick around. You might learn something that will make you the hit of your next barbecue.

Q. Why do I jerk just as I'm falling asleep?

A. While you may *feel* like a jerk if one of your starts results in your spouse being kicked in bed, rest assured. Sleep starts are unintentional and normal, afflicting 60 to 70 percent of us.

Sleep starts (technically, hypnagogic jerks) occur just as you sink into slumber. They are sudden, solitary contractions primarily of the leg muscles. Because the brain can be highly active at the onset of sleep, sleep starts are sometimes associated with a sensation of falling, a sensory flash, or a vivid dream segment. A sharp cry also may occur, according to the American Sleep Disorders Association in Rochester, Minnesota.

Excessive caffeine or other stimulants, intense exercise, and stress can increase the frequency and severity of sleep starts. Severe starts that occur more than once a week may lead to insomnia and a fear of falling asleep. However, most sleep starts are mild and go away within a month.

Q. Why does my eyelid sometimes take on a life of its own and start twitching?

A. You'll be happy to know that your condition has its very own scientific name: lid myokymia. Myokymia is almost always the result of stress or lack of sleep, says Jacqueline Leavitt, M.D., an ophthalmologist and senior associate consultant at Mayo Clinic in Rochester, Minnesota. With sleep and stress reduction, myokymia usually disappears in four to six weeks.

Blepharospasms, more serious versions of the problem, do not disappear as quickly and should be treated by a doctor. These are prolonged contractions of the muscles that control both upper and lower eyelids. The eyes can be closed much of the time, which makes some activities, such as driving cars, dangerous.

A blepharospasm is linked to anxiety, light sensitivity, or inflammation. Leavitt says minute doses of botulin, a drug that prevents contractions, are successful in treating some cases.

Q. Those black spots floating in my field of vision—what are they?

A. They are real, for one thing, not imaginary. And they are not dust or dirt drifting on your eyeball. These vitreous floaters, as they are called, are inside your eye.

About two-thirds of the eye's volume is the vitreous body, a clear gel behind the lens and in front of the retina—the eye's "screen" on which images are focused. The vitreous body breaks down with age, separating from the retina and leaving a water-filled space. As this process continues, fibers within the vitreous body break into tiny fragments—the floaters. The shadows cast by these fragments cause the black spots.

Floaters are most visible when looking at a bright background. They are normal, harmless, and can't be removed. The only time for concern is when floaters come on suddenly in large numbers—"like a snowstorm," says Leavitt. If this happens, see an ophthalmologist. You may have a detached retina.

Q. What's a charley horse?

A. This colorful term refers to a cramp or muscle spasm usually caused by overexertion of the affected muscle. With hard exercise, lactic acid builds up in muscles while water, sodium, and potassium are depleted. This chemical shift causes involuntary contractions a couple hours after exercise. They are often triggered when you change positions in bed or in a chair.

A charley horse is painful but brief, although it seems never-ending during the 15 to 20 seconds of hard cramping. It usually occurs in the feet and leg muscles "because we tend to overuse those muscles," says Dan Fick, M.D., in the Department of Family Practice and Orthopedics at the University of Iowa Hospitals and Clinics.

Treatment involves massaging or stretching the muscle, drinking fluids,

continued on page 72

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THOSE FUNNY TRICKS YOUR BODY PLAYS

continued from page 71

and eating bananas, which are high in potassium.

How did the name come about? Charley horse is also a name for a muscle bruise, typically in the thigh. Fick guesses that this pain is the same as that of being kicked in the leg by a horse (which, some contend, were once commonly named Charley).

Q. Why do I always sneeze four times in a row?

A. It seems that people sneeze predictably, be it two, three, four, or even more times in a row. Multiple sneezes occur when the same irritant is inhaled immediately after being expelled or when there is a large irritant supply, such as when you have a runny nose with hay fever or a cold.

You may have heard that the heart stops during a sneeze. "The heart can pause briefly or slow down, which can leave you dizzy after sneezing because of less blood flow to the brain, but it does not stop for an extended time," says Jerry Luck, M.D., a cardiologist and associate professor at Pennsylvania State University College of Medicine. "If the heart stops for just five to eight seconds, you pass out," he says.

Q. Why does my heart skip a beat from time to time?

A. An occasional skipped heartbeat is normal. It usually feels like a butterfly briefly fluttering in your chest. Sometimes there is an alarming "thump" sensation that feels as if the heart has stopped. It hasn't. What you are likely experiencing is a premature ventricular complex (PVC).

In a PVC, normal heartbeats are interrupted by two abnormal, off-rhythm beats. "If 1 were the value of a normal heartbeat, a PVC would be 1, 1, ½, and then 1½," says Luck. "The premature heartbeat—the ½—comes early and cardiac output is less than normal. The next beat pushes more than normal because the ventricle has had more time to fill up with blood."

A PVC can be caused by anxiety, fatigue, alcohol, smoking, and caffeine. It can also be a marker of underlying heart disease, especially if it occurs frequently. People experience PVCs more often with age; 20 percent of men ages 35 to 45 report PVCs, says Luck, while 80 percent of men 65 and older have them.

"When you are dealing with the heart—an organ that beats 60 to 80 times a minute, every minute of your life—you're bound to have it skip a beat once in a while," says Alvin Ciccone, M.D., an associate professor at Eastern Virginia Medical School.

Q. What happens when my leg falls asleep?

A. Legs don't sleep, but they do go numb. You may notice this as you sit in one position for a long time with your legs crossed. It is the result of compressing the blood flow to a leg nerve or by pressure on the nerve itself. Standing up relieves the pressure and feeling returns to normal in a few minutes—but not before you experience a pins-and-needles tingling.

Though it happens only rarely, permanent numbness or tingling can occur in extreme situations. According to Dr. Fick, you would have to apply the pressure nonstop for 10–12 hours.

Q. What makes a trick knee collapse?

A. Knee buckling is often a result of joint damage. For example, cartilage behind the kneecap can roughen as a result of injury or arthritis. With bending, the rough spot can catch on the femur (the thighbone). Or, loose pieces of damaged cartilage inside the knee can get caught between bones. Either way, when you want to straighten the knee, the nervous system detects increased resistance from the catch. A safety reflex then causes a momentary relaxation of the muscles, and down you go.

"When the knee gets stuck, you don't want muscles to keep pulling and force an injury," says Fick.

Another cause of knee buckling is joint looseness or partial dislocation. This can cause pain, swelling, and further damage. Or, the misalignment itself can cause a catch and a collapse reaction.

Treatments are anti-inflammatory drugs, ice, knee rehabilitation, and surgery to remove cartilage or replace or repair ligaments. BH&G

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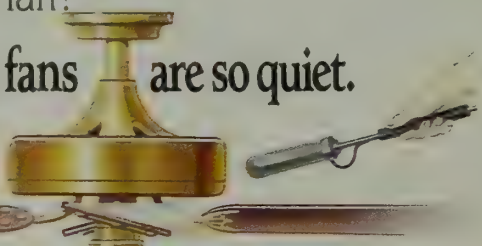


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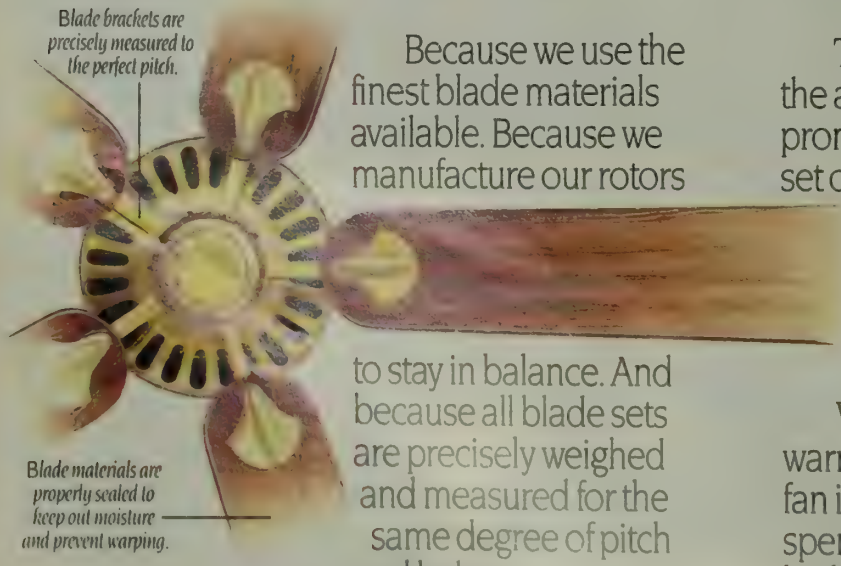
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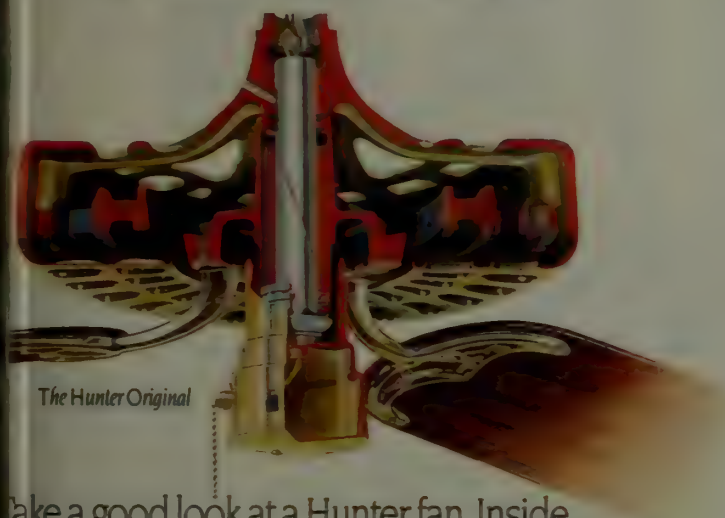
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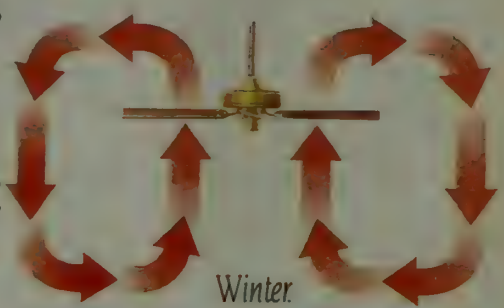


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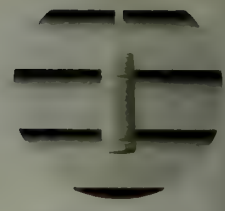
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building *for the* future

High among the Douglas firs on an island in the Pacific Northwest, Iowans Ann Patterson and Rick Martinez built a vacation hideaway—and the stepping-stone to a whole new chapter in their lives. By William L. Nolan





Ann and Rick Martinez are no strangers to home building. They own an architectural design service in Des Moines that specializes in kitchen, bath, and whole-house remodelings. They saved money by designing their retreat themselves, but they also employed other strategies to cut costs, to manage the project long-distance, and to gain a comfortable, well-built home. These same strategies can help you make *your* second home a reality.

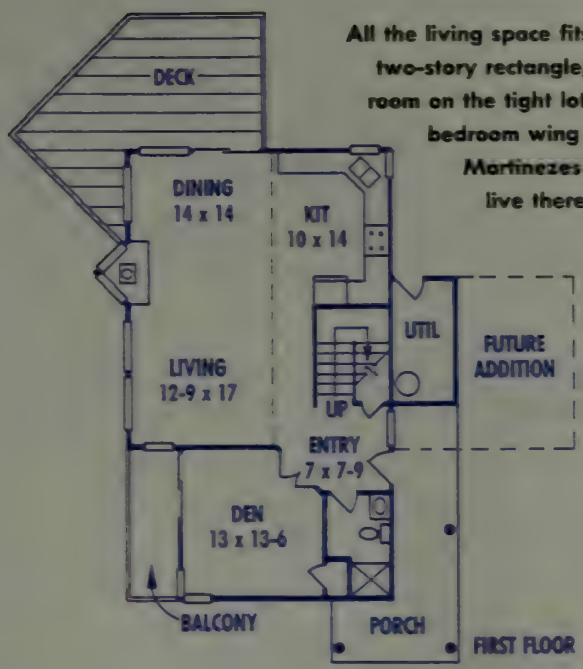
Originally lured to the Northwest by their love f sailing, Ann and Rick scouted the territory careful before deciding to buy property. They stayed in loc inns and chartered sailboats in order to track down go building sites. The payoff: an overlooked lot in a choi area, close to a resort and a state park. The Martinez are so pleased with the site and the locale that they decided to move there permanently—*before* they retir

building *for the* future

smart *strategies*

Building your vacation home with the idea of someday living there full-time calls for smart planning. Here are some helpful tips.

- Allow time to learn the territory before buying property. Stay in rental units, hotels, or inns in various locations to try out each area and spot bargain building sites.
- Choose an area that's convenient to shopping and transportation so you could eventually live there year-round.
- Pick a simple, easy-to-build design so you can supervise construction of the first stage mostly from back home or do some of the work yourself.
- Go for low-maintenance finishes and landscaping so you can relax during vacation visits and leave the property unattended for long periods.
- Build the house in stages to simplify construction of the first stage and divide financing costs into manageable chunks.



All the living space fits within a two-story rectangle, allowing room on the tight lot to add a bedroom wing when the Martinezes decide to live there full-time.

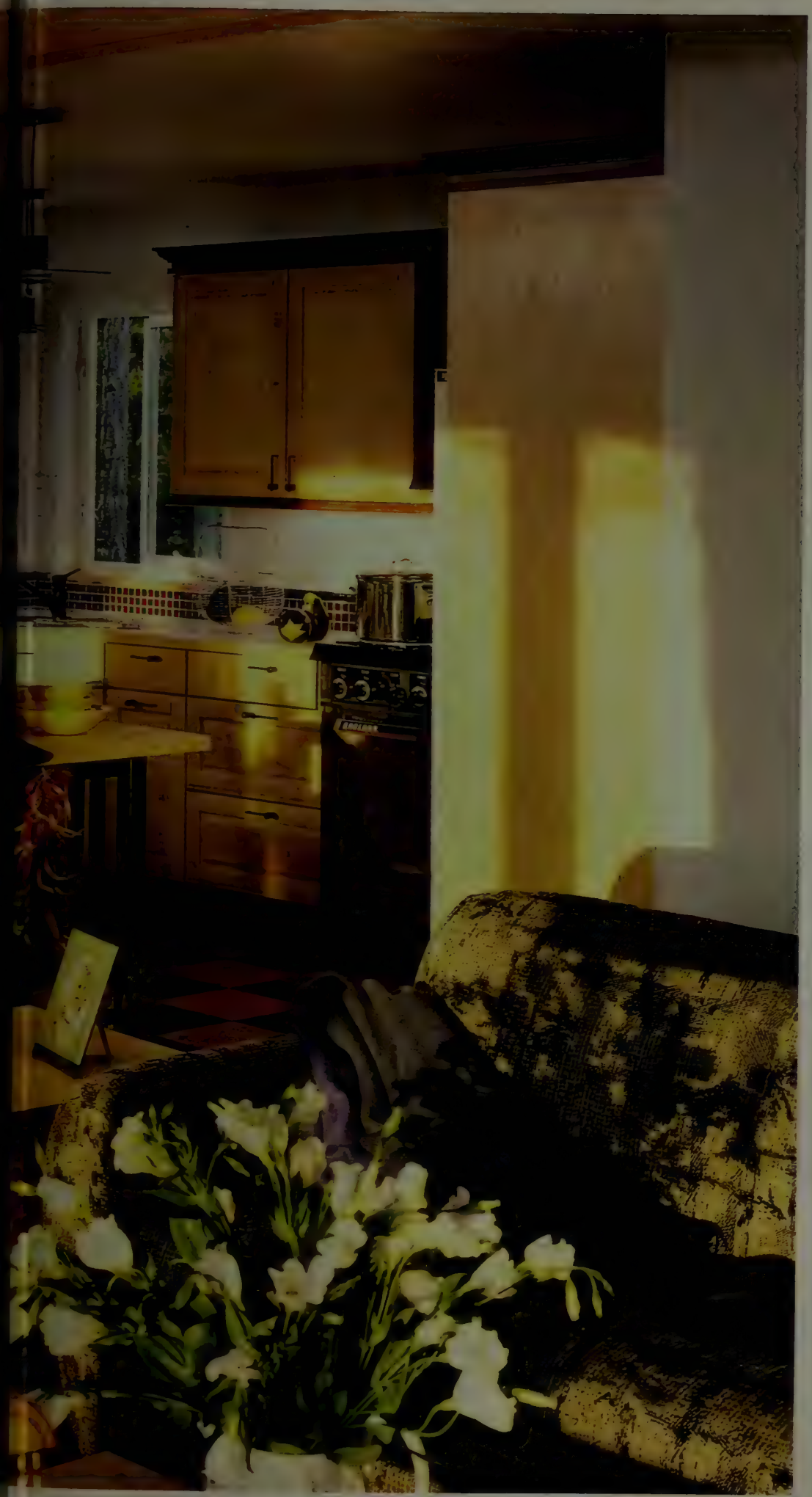


window walls open the main
n to the treetops. Cork tile
oring repeats nature's hues un-
foot. A triangular bump-out
wcases the wood stove, which
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pellets keeps the room toasty
36 hours.





Sliding glass doors link the dining area and the kitchen to a roomy deck. A mini-cedar island directs traffic in the kitchen. Corner windows above the sink deliver two-way views of the woods.



smart *strategies*

How do you generate visual impact within a simple, boxlike shell? Here's how the Martinezes did it.

- Make your footage count by scaling back in the bedroom areas, then scaling up the main rooms with extra floor space, high ceilings, and minimal interior partitions.
- Cut costs—and cleaning chores—by using space, light, and views as substitutes for fancy finishes and elaborate accessories.
- When picking products such as tile, trim, or windows, choose plain-vanilla versions that fit your budget and install quickly and easily, then combine them in imaginative ways to create visual impact.
- Splurge strategically on an unexpected flourish, such as an artful niche for the fireplace or wood stove, or an eye-catching light fixture that doubles as a piece of sculpture. Use accents such as these to offset plain walls and floors or long stretches of glass.

building *for the* future





Red and green mosaics topped by a rope-motif border add snap to the backsplash. A shallow drawer lets the microwave oven door swing freely over the counter.

The Martinezes fitted the kitchen with stock cabinet and customized them with fluted trim. A border of fanc mosaics accents plain white ceramic tile on the back splashes; maple strips edge the laminate countertops.

For a warm, cushy feel, the Martinezes used cork tile throughout the main room. A layer of clear vinyl i bonded to the cork, making cleanup a cinch. Black-til "rugs" define the kitchen, entry, and hearth areas.







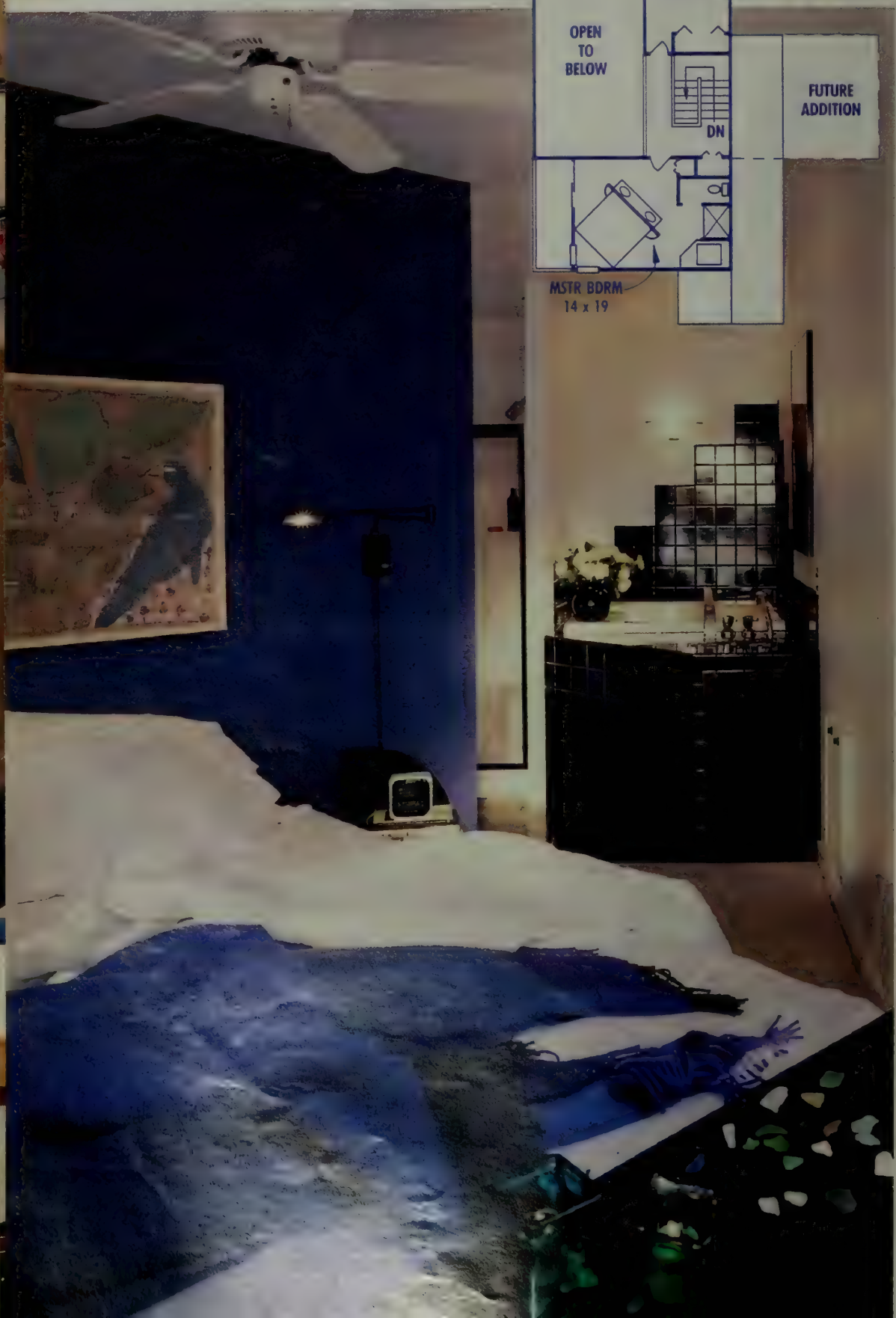
Ann customized the maple kitchen cupboards with fluted trim, including ebony-stained crown molding along the top edge. She also customized the base cabinets with a black-painted band on the kick space.

An angled wall compartmentalizes the master suite and adds a bold color statement. On one side, twin sink cabinets and center drawers form a sculptural T. Stairstepped tiles line the backsplash and the tub niche.

building *for the* future



The TV perches on a triangular ledge at the foot of the bed. It faces an angled wall that supports nightstands and lighting and makes a bold decorative statement.



smart *strategies*

- Position walls strategically to minimize interior partitions, eliminate extra doors, and shave costs on materials and labor.
- Use a strong accent color to unify related rooms and take the place of fancy finishes.
- Create sculptural focal points with artfully stacked built-ins.
- Eliminate trim by recessing windows and exterior doors inside drywalled openings.
- Save space and stretch your furnishings budget with wall-mounted built-ins.
- Pay for strategic splurges by tackling labor-intensive tasks yourself, such as painting, setting tile, and installing flooring, fixtures, shower doors, and hardware.
- Avoid the cost of central heating by adding extra insulation and a high-efficiency wood stove or fireplace; use open planning to circulate the warmth evenly.

Buying information, page 52.

WHAT THESE FLOWERS BRING TO ROMANCE THIS FLOOR WILL BRING TO YOUR HOME.

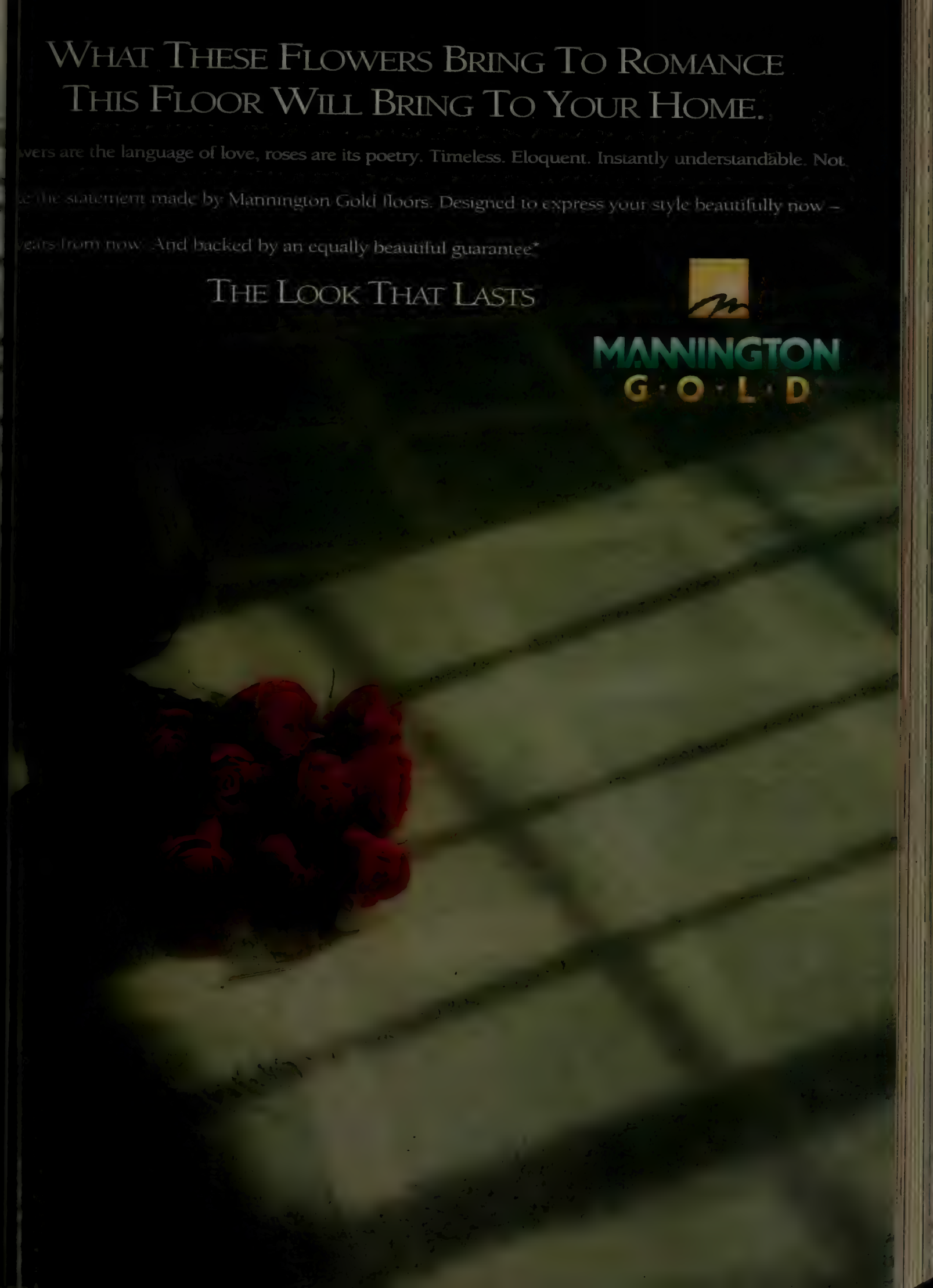
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THE LOOK THAT LASTS

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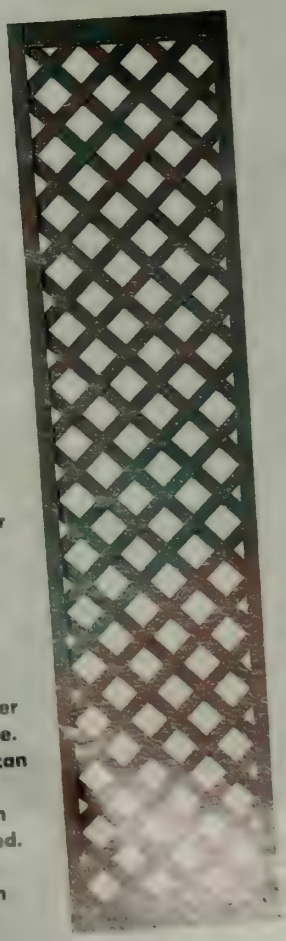
A CHANGE OF SCREENS

Got something to hide? Space to divide? Call in one of these nifty numbers. Easy and inexpensive to make, folding floor screens can hide ugly registers, storage, even crumbling plaster; or, let one close off a problem walkway. Stand this lattice screen in front of a window to diffuse light.

The lattice screen came unfinished from the JCPenney catalog. See directions (*below*) for the painted finish. We inserted fabric in a wood-frame screen from Ellman's (991 Northwest 118th Ave., Plantation, FL 33325) and painted and papered a pair of pine bifold doors from the Sears catalog.

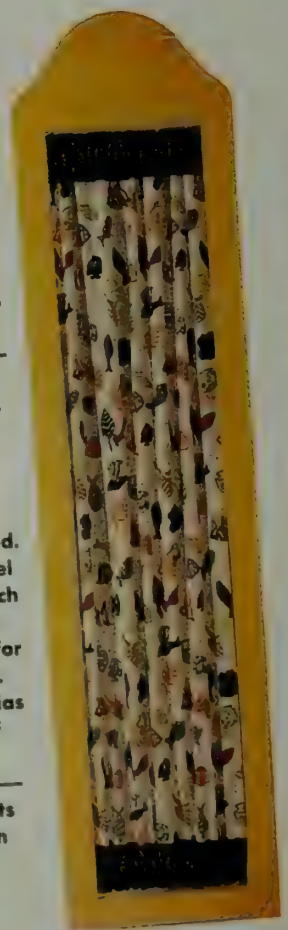


WEATHERED-LOOK LATTICE



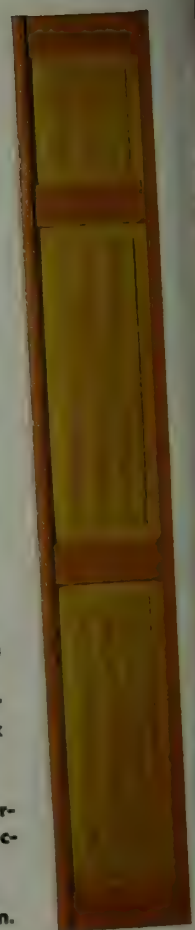
- Paint on terra-cotta latex semi-gloss. Let dry.
- Brush on spots of Sherwin-Williams Island Cay oil-base paint.
- While paint is wet, sprinkle on bronzing powder (available at crafts and art supply stores). Lightly brush powder into paint. Read bronzing powder label before use. Its metal dust can cause health problems when improperly used.
- After finish dries, brush on polyurethane.

FISHY FABRIC PANELS



- Paint frame.
- Use twin sheets for fabric inserts. Cut sheets so fabric width is twice as wide as opening plus 2 inches for side hems.
- Measure distance from top rod to bottom rod.
- To figure panel length, add 1 inch to measurement above (allows for half-inch hems).
- Sew 1-inch bias tape to back of panel—a half inch from edge—to make pockets for quarter-inch dowels.
- Shirr panels onto dowels.

PAINTED AND PAPERED DOOR



- Gather wall covering remnants. Choose two paint colors from pattern.
- Paint lighter color first. (We painted inner panel and grooves to match the covering's outer stripe to blend the two.)
- Tape light areas and paint on darker color.
- Measure inner panels and mark off squares on wall covering.
- Cut wall covering and paste according to manufacturer's recommendation.

UR COMPETITION DREAMS OF MAKING CAR LIKE TAURUS.

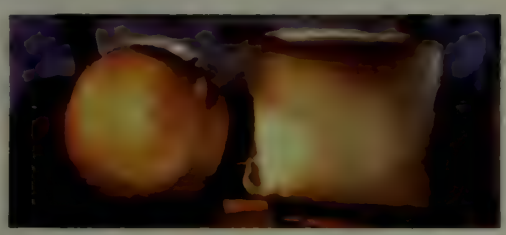
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HAVE YOU DRIVEN A FORD LATELY?

Ford

99[illegible] calendar year manufacturer's reported retail deliveries.

DECORATING Q & A
Answers to your questions

IDEAS FOR ROOM ARRANGEMENTS

Q. *Our living room is a nice size—14×19½ feet—with a fireplace on one wall. But the room serves as a lobby as well as a sitting room because the traffic runs right through its middle. Do you have some suggestions for furniture arrangements? Also, what size area rug should I get, and where should I put it?*

A. You can use your furniture like bumpers to guide traffic around your seating groups, rather than through them. Try setting up two small sitting areas, one on each side of the room. The fireplace wall should serve as a focal point for one grouping. Try placing two love seats across from each other (one on each side of the fireplace). Or, face a longer sofa toward the fireplace with a couple chairs at right angles to the sofa. A sofa table against the back of the sofa will help create an entry area.

On the other side of the room, pull together a study area, a small area for watching television, or a private reading space with a couple comfortable chairs, small end tables, and a desk.

Two rugs (one for each seating area) that don't invade the main traffic path would work well. An area rug should be just big enough to tuck under all of the seating pieces in a conversation grouping.

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HOW TO DECORATE AROUND UGLY CARPET

Q. *I rent a small home and hate the carpet in the living room. How can I give my place the look I want when I'm stuck with this awful carpet?*

A. Unless the landlord will change the carpet or split the cost of new carpet with you, you'll need to consider ways to cover it up. Large area rugs add color and pattern to a plain floor, plus they'll go with you when you move. Lay area rugs right over the carpet. They don't have to match—once the furnishings, accessories, and rugs are in place, the carpet will fade away visually. However, if your carpet is heavily textured or patterned, consider covering it with something neutral, such as a natural fiber rug of sisal or rush matting squares (which you can find at import stores).

For answers to your decorating questions, write DECORATING Q & A, Better Homes and Gardens®, Dept. ID, Des Moines, IA 50309. Sorry, materials cannot be returned.

Shannon

by

Cindy Marschner Loff

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FRIENDLY HOME OFFICE
Styled for stowing



PHOTOGRAPHS: GENE JOHNSON REGIONAL EDITOR: NANCY E. INGRAM

Repeating the Ind an motifs found throughout this of fice, storage for research material and a computer r sembles adobe niches.

A getaway come contributes to the comforting sur- roundings, consid- ered a necessity this home office.



Shoeboxes, brimming with household records, stuffed under beds, in closets, and behind cupboard doors drove Babs and Tom Richardson to create an office inside their home. "I wanted a place where I could have all the files and records in one spot," says Babs, manager and buyer for the museum shop in Tulsa's Philbrook Museum of Art.

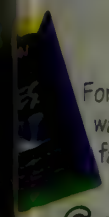
Space to just get organized wasn't enough. As they enclosed a little-used dining area with partitions, the Richardsons incorporated their interests into the room. To create an office that invites you in, comforts and relaxes you, and encourages creativity:

Love the stuff you're with. Collectors of Mexican and Native American textiles and folk art, the Richardsons gathered up old favorites to turn their workroom into a friendly retreat. By using partitions (instead of floor-to-ceiling walls), they created out-of-the-way display spots. Before pulling together shelving and file storage for your workaday space, gather some fun stuff—such as special collectibles, favorite pieces of furniture, even potted plants or photographs—and incorporate it into your scheme.

Spice up the necessities. Shelving (created by boxing in cutouts in a 20-inch-thick drywall partition) resembles adobe niches to fit in with the room's motif. File cabinets, folders, boxes for photographs, and desktop organizers all wear bold red. Translate your interests to the nitty-gritty basics by repeating the colors and mood of your accesories in your storage, office supplies, seating, and worktable.

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y Wuzzy's Den is a cuddly, nurturing environment for 2-4 year olds. **Rock-O-Saurus Club** is for the e 5-7 age group. **Sea Haunt** for adventurous 8-12s, and **Club Yes!** ical cool place just for teens.

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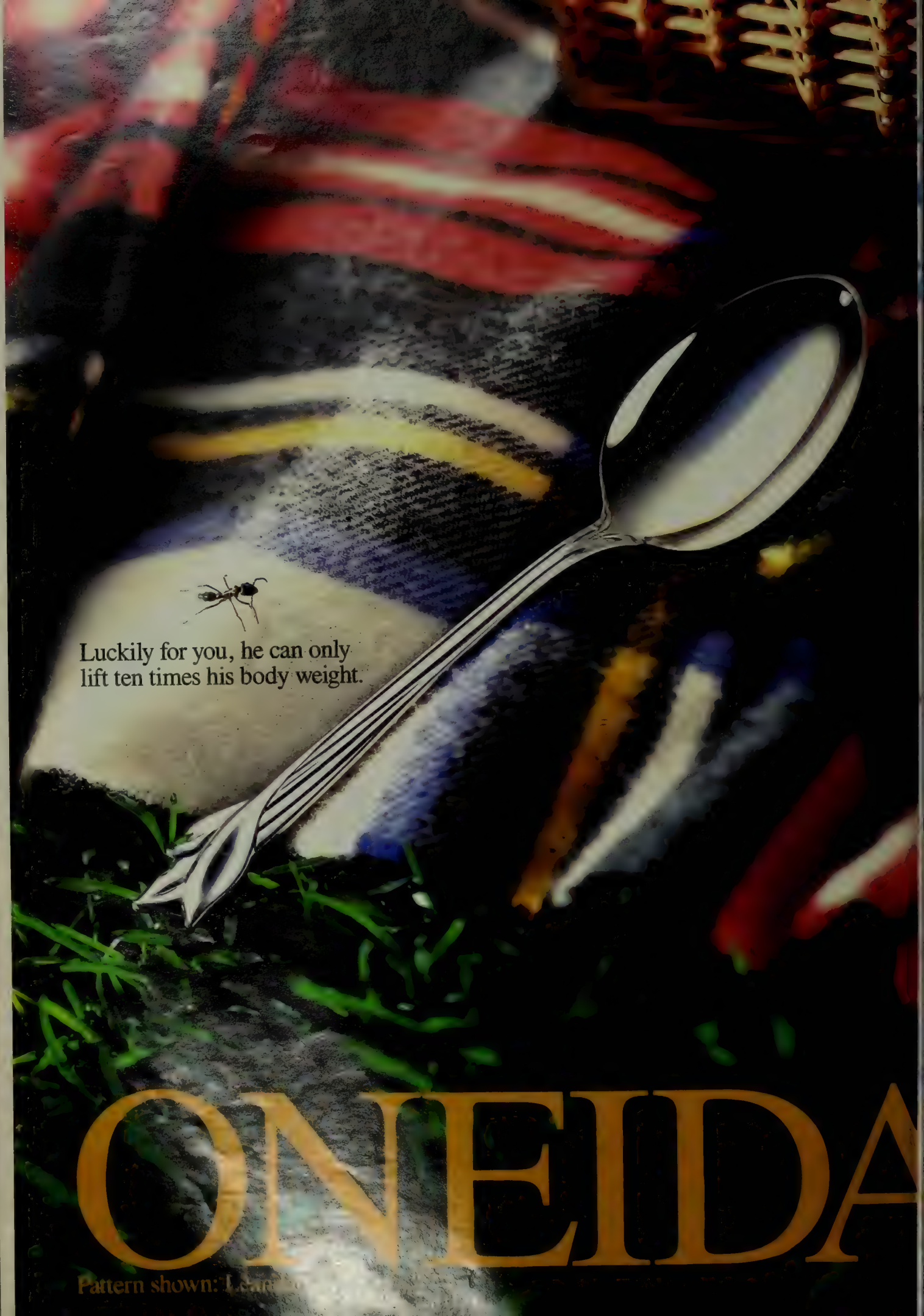
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endless summer... easy, breezy solutions

for style on a budget ...



Decorating can be a breeze when you open the door to fresh ideas. Inspired by a love of the beach and easy summer days, Susan and Charlie Dodson invited in a surprising mixture of



livable furnishings. No matter what your surroundings or the season, their ideas can relax your rooms—on a limited budget of after-mortgage dollars and after-work energies.

endless summer

What makes the living easy at the Dodsons'? Carefree materials and furniture. By shopping unlikely sources, from the shell shop to the garden center, and simplifying the backdrops themselves, this couple created a peaceful, easy home.

Clear the decks. The Dodsons erased dingy green walls and dark woodwork with glossy white paint. Now light bounces happily from the walls to the shined up floor planks.

Sew up savings. With a bit of tucking and stitching, vintage-look fabric romances the dowdy cushions of a swap-meet sofa. An old-fashioned medley of pillows harmonizes atop cushions covered in what used to be a chenille spread. Shop antiques and second-hand clothing stores for bargain textiles.









Try a little magic. A star motif adds instant summer-night romance to the Dodsons' cottage. To see stars at your place the easy way, turn to *page 100.*

Do it to it. Although the living area is a charmer, other rooms looked dull until Susan and Charlie applied some cosmetics. Slightly damaged walls got a quick cover-up with a striped wall covering and a special paint treatment. Soften your walls by painting a section of color over a light base coat, then blot the still-wet top-



endless summer

pat off with a
runched-up rag.
eel-and-stick vinyl
oor tiles and white
aint on formerly-
rowned-out cabinets
nish the makeover.
*Use furniture as ar-
chitecture.* A stately
lass-front cabinet
left) found at a flea
market has the charm
of French doors—and
more storage bene-
fits—without the price
tag. In the bedroom,
character-laden '30s
furniture found at an
estate sale throw some
curve to a boxy room.
Mix it up. Carefully
matched bed linens
should be reserved for
hotel rooms. Instead,
add more interest to
the bedroom with a
mix of linens that
share the same colors
and attitude.
Get personal. Deco-
rating will be more re-
warding when you
surround yourself with
objects of affection.
Don't hide collected
old magazines or
meaningful family
photos in closets,
frame them as inex-
pensive art. Have a
thing for hats or
bright scarves? Strut
your stuff on an artful
rack or row of pegs.

star brights

Put a little twinkle in your eye—scatter magical stars throughout your home. Like fairy dust, this celestial seasoning is sure to make you smile.



Window dazzlers. Starfish and shells charm the cloud-soft curtains (*below*). To make them: Paint 1½" wooden dowels to use as rods. Drill holes at either end of the rods, through which you'll poke part of a sheer panel of fabric. Make the finials by gluing shells (pinecones, toy cars, or whatever) onto 2" white-painted wooden disks that you glue to the dowels.



At the kitchen window (*above*), Susan brightens the same sheer fabric with iron-on lamé stars from the fabric store. Generously loop fabric over a gold-painted dowel fitted with wooden finials.

Look for other window stars in catalogs and at specialty design shops. You can purchase these 3½" brass "stars by the yard" from Ballard Designs to use as drapery tiebacks or to wi around a rod. To order a catalog, call 404/351-5099.

Foot notes. The Dodsons also p some gleam on a pla



floor with Armstro peel-and-stick vinyl squares. Make the pattern by cutting triangle out of four darker squares, the place the squares b to back, points out

Buying information, page 53.



riced so low, you'd think some assembly was required.



There comes a time when your old furniture can no longer support your current lifestyle. (Usually the screws unscrew or an arm snaps off.) When that time comes, think about Bassett furniture. Every piece, and there are over 4,000 to choose from, comes with 90 years experience built in. And a very reasonable price tag attached. er you need something for the dining room, living room, bedroom, or den, you're assured peace efore you even leave the showroom. **A decision you'll feel comfortable with.** **Bassett**



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Dylan the Airedale terrier was content with this room's neutral scheme (*top*), but when he moved out to make room for a new baby, a cheerier decor moved in. To keep baby *and* budget happy, this room takes pleasure from simple things: vibrant paints and sheet yardage plus classic white window blinds and furniture.

from *boring* to bright

Quick and easy room boosters for baby...or anyone!

BY SANDRA S. SORIA

hen baby made three, this tired guest room and adjacent bath (*following page*) needed a wake-up call. For rooms that would e well, the owners revved up the spaces with **bright hues and white furnishings.** Sure, the happy scheme is great fun for by, but replace the crib with a bed, daybed, or desk, and the room would work for all ages.

To keep the room crisp and clutter-free, **simple shapes** form the building blocks of the room's design. Dressed in

For painting tips, see page 123.

from *boring* to bright



When the adjacent bedroom perked up, this bathroom fell flat. Need some splash in your bath? Turn up the heat with brilliant paints, sheet yardage, and towels. You'll get big impact for little time and money.

refreshing white, a graceful crib, fa-
miliar shawl-back rocker, and Shaker-
look dresser (which, like the mirror
above it, was ordered by mail unfin-
ished, then painted) share **clean line-**
and classic good looks. Thanks to al
the white, including freshly paneled
and painted walls, **brilliant colors** spar-
kle as if in a prism.

Next door, a washed-out guest bat
gets equal treatment so that the space
flow together happily. Made by add-
ing fabric straps to a full flat sheet,
shower curtain of **sunny stripes** in-
stantly links the eye to painted band
of yellow on the nursery wall. Colore
blocks of the same **bright sheet fabr**
that's sewn into the crib bedding g
pieced together here in a simple v
lance. Just as in the bedroom, the co
ors pop from a **snow-white backdro**

continued on page 1



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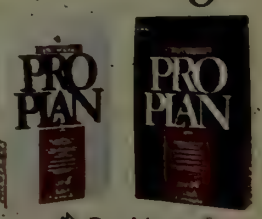
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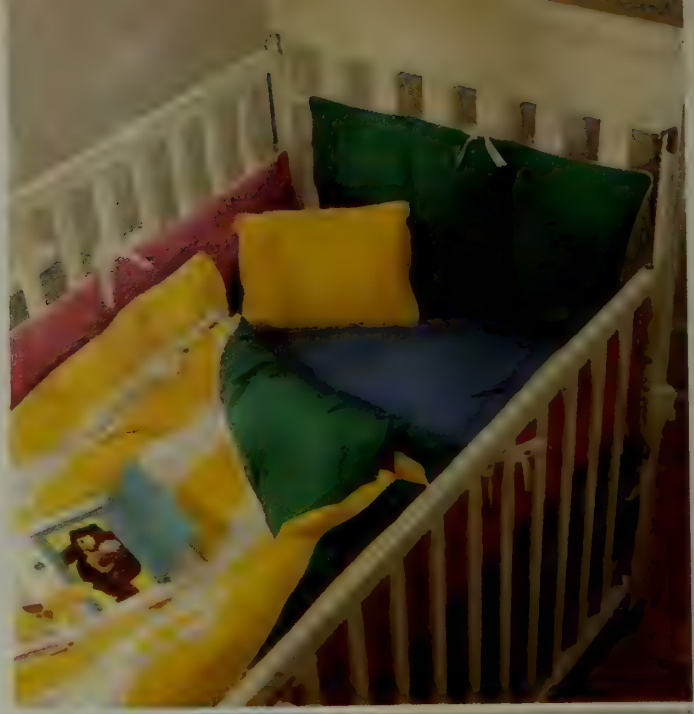
from *boring* to bright



If your floor isn't in step with a new decor, give it a coat of many colors. Old vinyl flooring was taped off, then painted with bright enamels. ***How-to, page 123.***

In both rooms, easy-on-the-budget paint is the main ingredient that gives the spaces their new flavor. In the tiny bath, **gutsy paint colors** give sheet vinyl (*above*) a splashy new design. To give your flooring a new look: wipe on a liquid deglosser; follow with a premium-bond primer; brush with bright acrylic or enamel paints; and seal with nonyellowing, satin-finish polyurethane. Here, taping off grids of the original flooring created a **snappy, geometric pattern.** (*Note:* This works best on flooring that doesn't receive hard wear.) Taped off and painted in 4-inch widths, **strong stripes** top the bedroom walls with a circus-happy, easy-to-match pattern that works for children of all ages.

Buying information, see page 53



SEW IT
To surround baby with blocks of happy color, sew your own linens using Simplicity pattern no. 8722 and a fresh bouquet of solid sheets. Even the down crib comforter (for older babies) gets a bright cover from the pieced-together Sheridan sheets.



COLOR IT
A kaleidoscopic quilt became the catalyst for this colorful scheme. To find a pleasing palette, look for intriguing color combinations in a favorite poster, area rug, or even a garden. Here, summer-bright hues warm up with cottage accents—a classic Lloyd Flanders rocker and white paneling.



CHARM IT
For instant charm in a nondescript room, cover walls to three-quarter height with 4×8 sheets of beadboard-style paneling. Paint it breezy white to evoke seaside freshness. For more quick architecture, add a high shelf for baby's special things—or yours.



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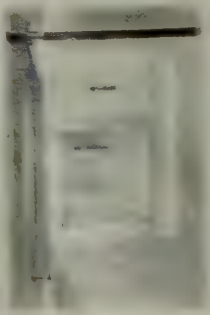
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That's the breaks

Broken china serves up a new use as a jagged mosaic frame. Coat a wide frame with tile adhesive, then press the shards onto the frame. Add more adhesive as needed.

BY JILANN SEVERSON AND SANDRA S. SORIA





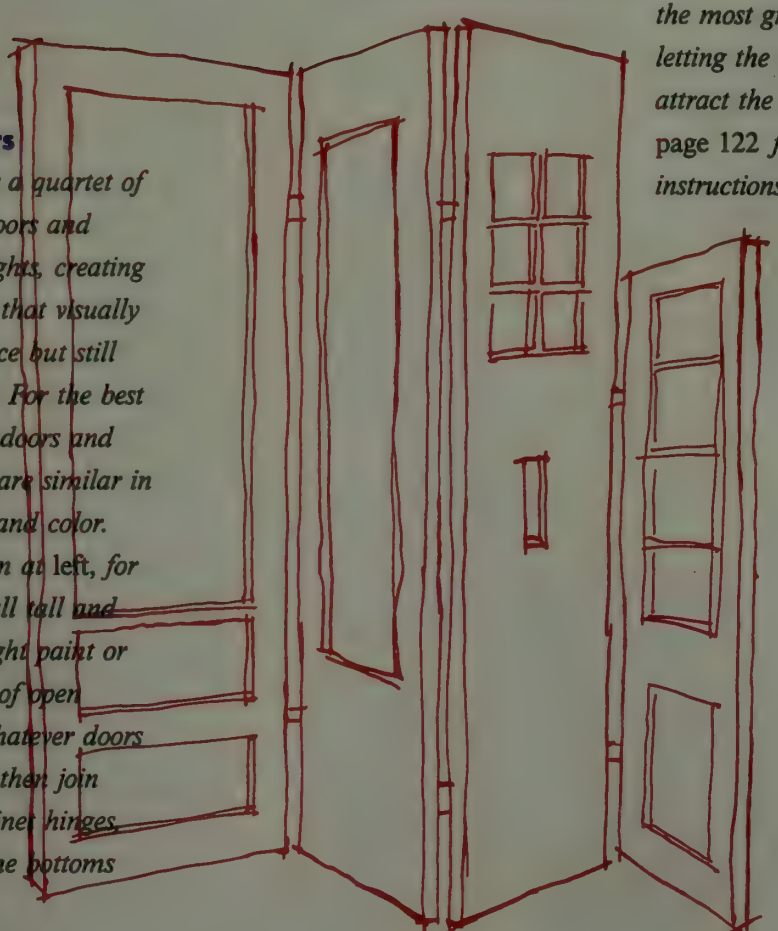
PHOTOGRAPHS: PERRY STRUSE. ILLUSTRATIONS: GARY PALMER. DESIGN CREDITS, SEE PAGE 118

Chips off the old tile

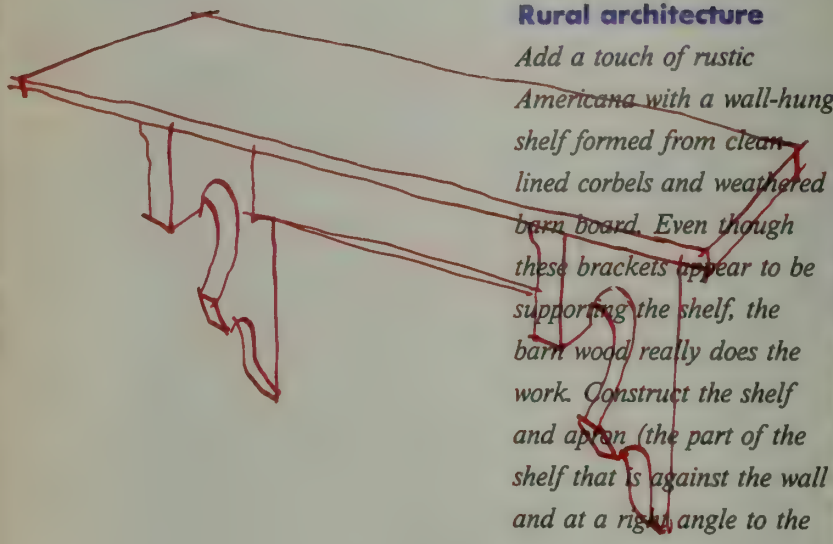
Bits and pieces of damaged ceramic tiles reincarnate themselves as a starry mosaic. Sun, moon, cloud, and star patterns adapt easily to most any size and shape table base. Draw our easy shapes or use some of your own. Keep the design simple for the most graphic effect, letting the tiles' color attract the attention. See page 122 *for mosaic instructions.*

Screen doors

Hinge together a quartet of mismatched doors and salvaged sidelights, creating a room screen that visually divides the space but still lets in the sun. For the best results, choose doors and sidelights that are similar in height, width, and color. The ones shown at left, *for example, are all tall and narrow with light paint or wood and lots of open spaces. Pick whatever doors fit your space, then join them with cabinet hinges, making sure the bottoms are even.*



divine salvation



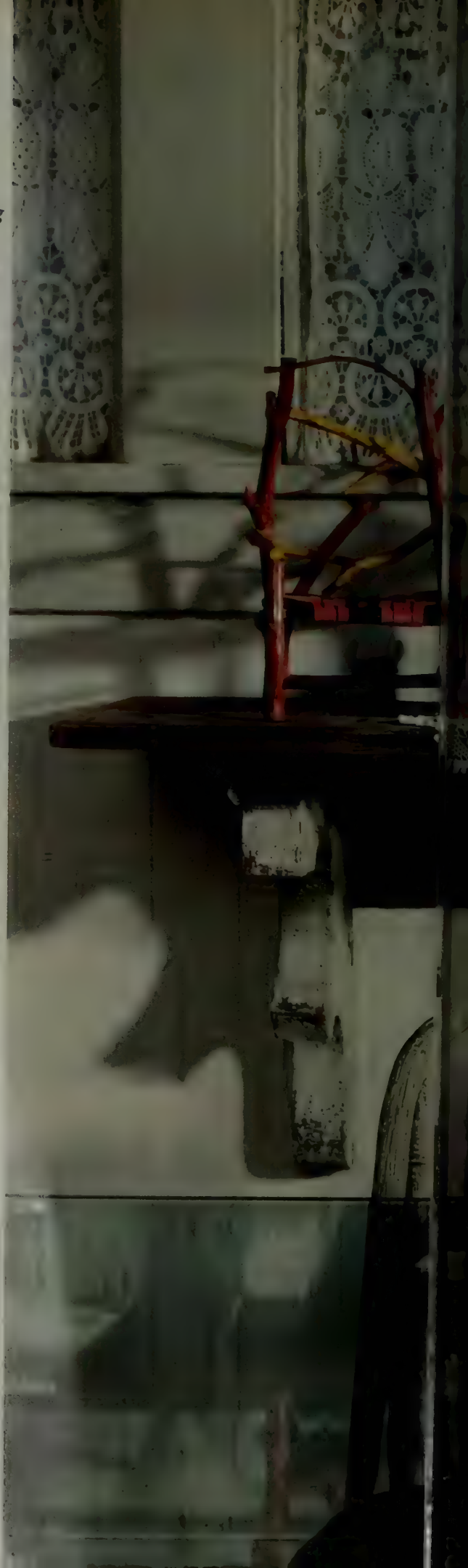
Rural architecture

Add a touch of rustic Americana with a wall-hung shelf formed from clean-lined corbels and weathered barn board. Even though these brackets appear to be supporting the shelf, the barn wood really does the work. Construct the shelf and apron (the part of the shelf that is against the wall and at a right angle to the shelf top) from solid barn wood or other rustic planks. Attach the corbels for decoration.

Put a handle on it

Add some fun to a hardworking kitchen. Replace an ordinary towel holder with an ornate door handle. Lightly trace around the handle's upper and lower decorative pieces. Using the outline as a guide, drill holes to fit any parts that protrude into the cupboard or wall. Securely attach the pull with matching screws.

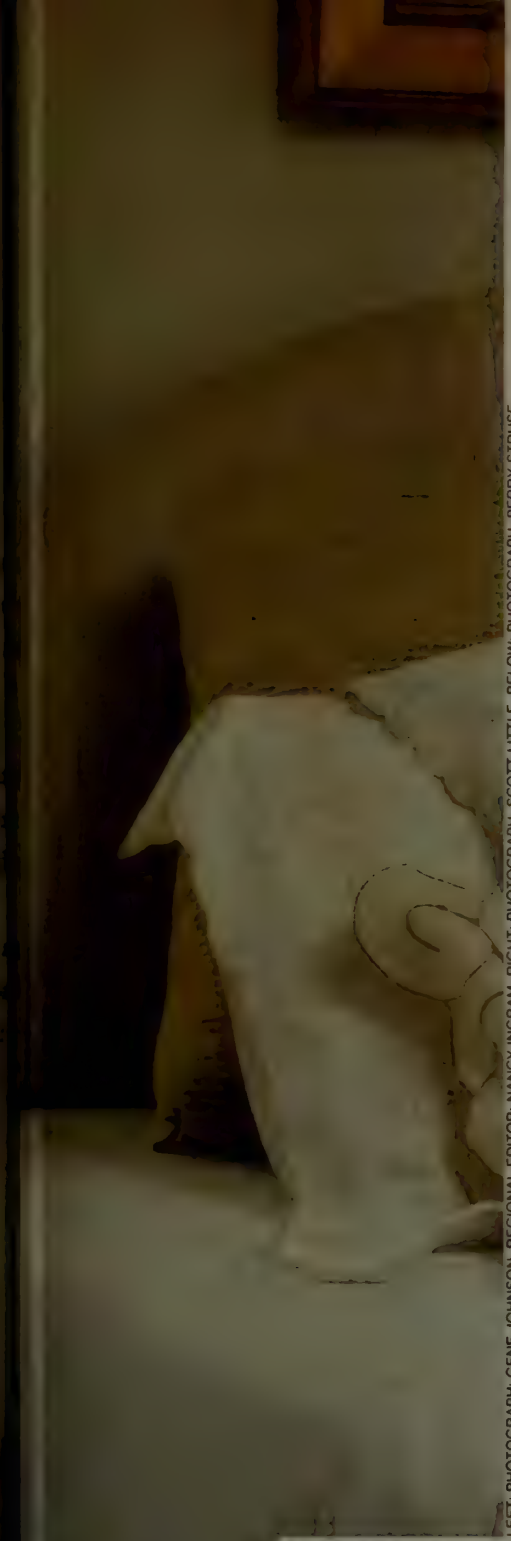


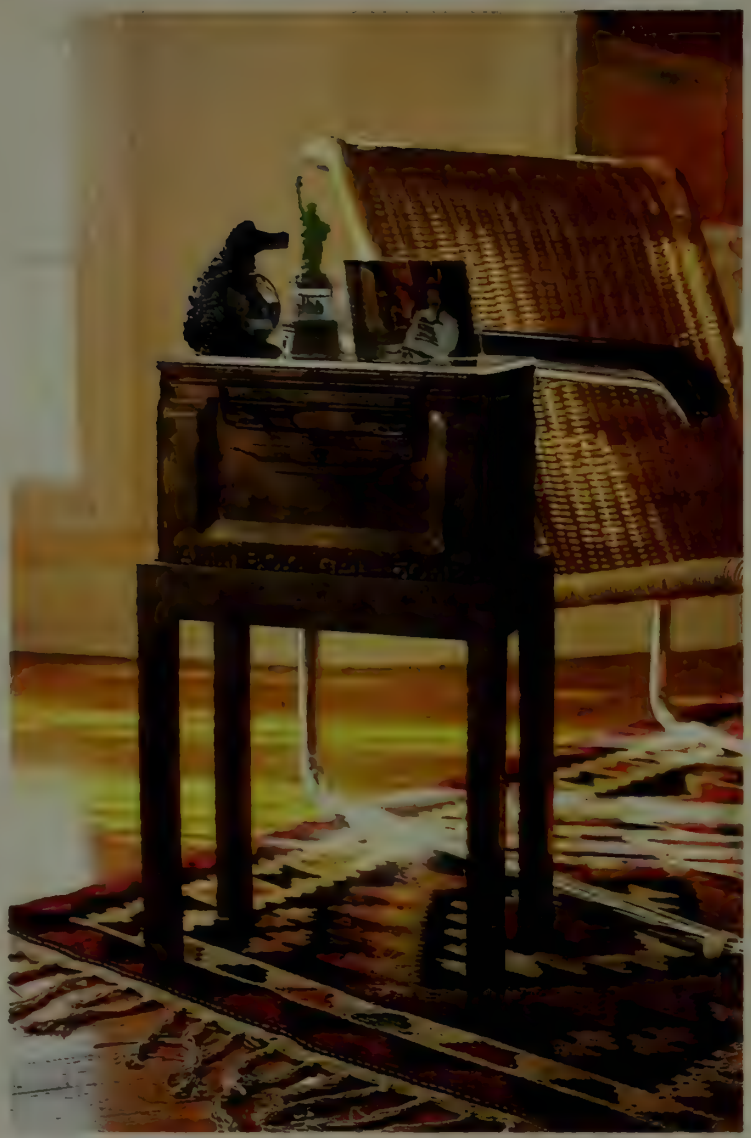






Keep on rollin'
A child's old wagon wheels into adultho and goes to work a clever nightstand. Give wagons, doll beds, and other att bound toys a place your home as coffe or end tables, magazine racks, a bedside tables. Bot cleanly refinished and charmingly rustic toys work well.





Sure-shot decorating

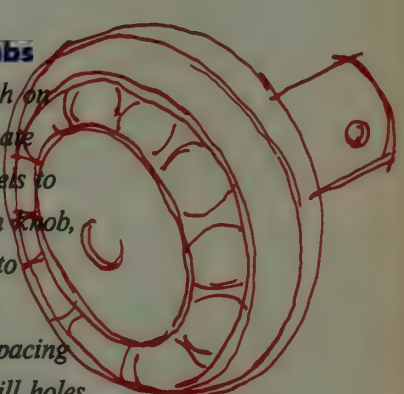
A battered ammunitions box scrounged from hardware store discards makes great strides on built-to-fit legs. Construct a base for the box to sit in, then add legs. Sponge paint the base to match the box, adding a final dabbing of metallic paint.

LEFT: PHOTOGRAPH: GENE JOHNSON. REGIONAL EDITOR: NANCY INGRAM. RIGHT: PHOTOGRAPH: SCOTT LITTLE. BELOW: PHOTOGRAPH: PERRY STRUSE



A-door-able knobs

Hang your duds high on a hodgepodge of ornate doorknobs. Cut dowels to fit the shank of each knob, leaving some dowel to extend into, but not through, the base. Spacing the knobs evenly, drill holes in the base to receive each dowel. Mount the board on the wall at two holes. Glue the dowels in place; screw the knobs to the dowels.



divine salvation



Buying information, page 53.

Instant "architecture"

The fires of the past have long since died, but vestiges of grander times still warm the homes of today. An antique coatrack (below) or mantel adds character as it hosts heirloom plates and charming chapeaus. Scout for similar pieces at auctions and antiques shops specializing in architectural salvage.

Pretty in paint

Good lines never go out of style. Saved from the dumpster, a simple chair becomes a canvas for easy and arty dots and zigzags. Proudly wearing a charming and tattered coat of paint, the classic farm table holds a generation of stories beneath its weathered surface. The bright, fruity 1940s cookie jar needed only a quick dusting before it was recast from goody holder to pencil holder.







Coffee so enchanting, you'll fall in love.

nch Vanilla Cafe. Rich, creamy tasting coffee
h a kiss of French Vanilla flavor. How passionate
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Home Furnishings Tips From Kathie Lee Gifford

Second In A Series:
"How Do I Start?!" My Answer: Don't Panic, Breathe Easy, And Read This.



Nobody ever said that decorating a room, or a whole house, was a piece of cake.

But it's definitely *not* hard, and can actually be fun—especially if you start off right.

You can do that by following the terrific "Getting Started" tips found in Haven. It's the incredibly easy to use, complete decorating guide that's *free* at home furnishings stores everywhere that display the "heart and home" sign of the Home Furnishings Council.

Here are a few of Haven's time-saving, money-saving, sanity-saving ideas on starting off right.

1. For Step One, you don't even have to step out of your home, just go through all the decorating magazines you've been saving to find the rooms, the home furnishings, the colors and styles you like. Then take a grand tour of your own home, to see what you like, and what you'd like to never see again. Put all your thoughts on paper.

2. Next comes my favorite part, visiting home furnishings stores and galleries.

3. Take advantage of all the help and advice that these stores' sales experts have to offer you. Tell them your budget (don't be timid about it!) so they can help you get the best value for your dollar. Show them the pictures you tore out of magazines, bring along your room dimensions, your likes and dislikes—the more they know, the more they can help.

4. And, most important, work with them to realistically plan your decorating in phases—no one expects you to buy *everything* you want at once.

See, making a beautiful home for the most wonderful family in the world *is* a whole lot easier than you thought.

For the store nearest you offering free copies of Haven, please call 1-800-521-HOME, ext. 339.



HOME FURNISHINGS COUNCIL

Home Is Where The Heart Is.

continued from page 53

Braid"—Reed & Barton Silversmith 144 W. Britannia St., Taunton, M 02780. For dealer nearest yo 800/343-1383. **Table**—Seasonal Co cepts by Flower City, 10201 Univers Ave., Clive, IA 50325.

Page 139: Spoon, "Pacific Tide" Oneida Ltd., Oneida, NY 13421.

Page 140–141: Plate—Bazaar Mundo, 2754 Calhoun St., San Die CA 92110; 619/296-3161. **Napkin** Sybaritic Ind., Ltd., 115 Tompkins Av Pleasantville, NY 10570.

Pages 142–143 (*left*): Buffet pla "Alegre"—A Mallory, 1977 S. Sep veda Blvd., Los Angeles, CA 900 310/289-0605. **(*Right*): Plate,** "Su mer Alfresco"—Smith & Hawkens, Corte Madera, Mill Valley, CA 94941

Page 144: Glass and place mat— 1 (address above). **Napkin**—Syba Ind., Ltd., 115 Tompkins Ave., Pleas ville, NY 10570.

Page 148: Fork, "Embassy"—G gian House by Towle Silversmiths, McClellan Hwy., E. Boston, MA 021

Page 152: Plate, "Summer Plaid Smith & Hawkens, 25 Corte Mad Mill Valley, CA 94941.

PRIZE TESTED RECIPES

Page 167 (*right*): Plates, "Melin Villeroy & Boch, 41 Madison Ave., York, NY 10010.

Page 168 (*left*): Platter and plate Crate & Barrel, P.O. Box 9059, Wh ing, IL 60090; 800/323-5461. **(*Ri* Plate,** "Fiesta"—Homer Laughlin, ell, WV 26050.

DIRECTORY OF ARCHITECTS, DESIGNERS

ENDLESS SUMMER

Pages 95–100: Designers—Sus Charlie Dodson, Charles Grover struction Design and Renovation, Box 276, Surfside, CA 90743.

BUILDING FOR THE FUTURE

Pages 77–84: Architectural de er—Ann Patterson, City Design, Fourth St., West Des Moines, IA 5 **Builder**—Alan Spaulding, Spring Deer Harbor, WA 98243.

DIVINE SALVATION

Page 111: Mosaic Table—Cor Morales.

Page 114: Wagon nightstand— Anderson Swanson.

Page 115: Metal box on legs— L. Caringer.

Page 116: Table and chair— L. Caringer. **Mantel Coatrack—** Foss.


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S&W. When You Have More To Do Than Dinner

In less time than it takes to have a pizza delivered, you can prepare a nutritious dinner your whole family will love. It's S&W Chicken Fajita Salad, our brand new recipe that gets you out of the kitchen in under ten minutes. Just grill or broil chicken breasts with S&W's Mesquite Cooking Sauce & Marinade then combine with a tossed salad including our Black Beans, Ready-Cut® Tomatoes and oil-free Vintage Lites Red Wine Vinegar Herb Dressing. Serve some for dinner tonight, and taste the difference S&W quality makes.



S&W Chicken Fajita Salad

- 4 boneless, skinless chicken breast halves
- 1 can (15 oz) S&W Pinquitos *or* S&W Black Beans, undrained
- 1 can (14½ oz) S&W Ready Cut® Tomatoes, drained well
- 4 cups shredded salad greens
- ½ cup diced bell pepper
- ¼ cup each chopped green onion, red onion, cilantro
- S&W Mesquite Cooking Sauce & Marinade
- S&W Vintage Lites Red Wine Vinegar Dressing
- Garnish (optional): guacamole & sour cream

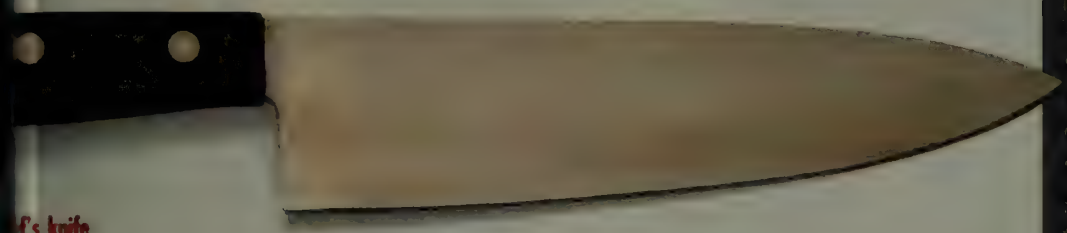
Brush chicken with Mesquite Cooking Sauce. Broil or barbecue 3–5 min. per side or until done, basting with more Cooking Sauce; slice into thin strips. Combine remaining ingredients with chicken strips and toss with 1 Tbsp. Cooking Sauce & 2 Tbsp. Vintage Lites dressing. Garnish with guacamole and sour cream, if desired. Serves 4.

For free recipes, write
S&W Fine Foods, San Ramon, CA 94583-0587



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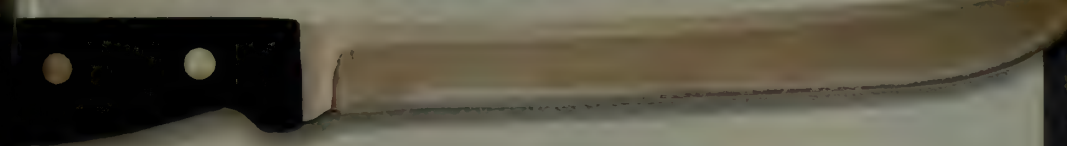
S KNIVES YOU DESERVE
A cook's cutlery guide



f's knife
s traditional knife, also called a French knife, is designed for chopping and slicing.
e curved blade rocks back and forth as you cut, allowing you to work quickly.



ad knife
ost bread knives have a serrated cutting edge, which helps to cut through crisp crusts
d gently saw through the tender bread inside. Use this knife for slicing tomatoes too.



er/carver
e bone-in meats and poultry with a pointed carving knife and boneless meats with a
g-bladed, round-tipped slicer. Some knife companies make one knife for both uses.



ing knife
e blade of this knife is usually narrow and curves to a point, making it flexible for
ting around bones. Use this knife to separate meat, poultry, and fish from the bone.



ing knife
e this handy, all-purpose knife for trimming meats, light chopping and slicing, and
eling fruits and vegetables.

Shopping for knives

- *Blades:* Most higher-quality, more-expensive knives are forged (hammered) or stamped from a piece of high-carbon, stain-resistant steel. This type of metal alloy allows the blade to hold a sharp edge and sharpen easily. Also, a quality knife should have a full tang (end of the blade that extends all or most of the way through the handle) for balance and added strength.

  The blades of most inexpensive knives are made of stainless steel, making them tough and very sharp. However, these knives lack the weight, balance, and craftsmanship of more-expensive models.
- *Handles:* Heat-proof, water-resistant plastic handles usually do not warp, chip, crack, or peel. Some folks prefer attractive wood-handled knives. To avoid damaging the wood finish, hand-wash and do not soak.

RING FOR YOUR KNIVES Wash your knives in hot, apy water, towel dry, and return them to a storage tray or ck. Unless a knife says it is "dishwasher safe," wash it by nd. Dishwashing may be harmful to both the blade and e handle of the knife.

Always use a cutting board when using a knife. The best choice for cutting meats and poultry is a plastic (polyethylene) board. This kind doesn't warp or crack like wood boards can, and it is dishwasher safe.

To keep your knives sharp: Honing your knives with a sharpening steel every time you use them (or at least frequently) keeps a sharp edge on the blade.

FAST AND FABULOUS DINNERS
Few ingredients, fast cooking

When you plan a special midweek dinner for friends and you're short on time, either of these fast-and-fancy entrées will put you at ease. Choose from the shrimp-and-scallop kabobs that grill in just 15 minutes or the succulent beef dinner that roasts unattended in 40 minutes.



Tender and juicy Beef in Creamy Morel Sauce roasts to perfection in about 40 minutes.

GRILLED SHRIMP AND SCALLOPS

Marinate the seafood, then thread it onto skewers ahead of time. When you're ready to cook, just pull the kabobs from the refrigerator—

- **1½ lb. fresh *or* frozen sea scallops (15)**
- **1 lb. large fresh *or* frozen peeled, deveined shrimp (24 to 32)**
- **½ cup olive oil *or* cooking oil**
- **⅓ cup snipped parsley**
- **3 Tbsp. lemon juice**
- **1 Tbsp. minced garlic**
- **Dash salt**
- **Dash pepper**



Succulent morsels of scallops and shrimp cook on the grill in 15 minutes.

Thaw the scallops and shrimp, if frozen. Halve the scallops. Place the scallops and shrimp in a plastic bag; set bag in a bowl. In a small mixing bowl combine the oil, parsley, lemon juice, garlic, salt, and pepper; add to bag. Seal the bag and marinate for 4 to 6 hours, turning bag occasionally. Drain, reserving marinade.

On 12 to sixteen 12-inch skewers, alternately thread the shrimp and scallops, leaving about ¼ inch between pieces. Grill kabobs, uncovered, directly over *medium* coals for 12 to 15 minutes or till shrimp turn pink and scallops are opaque, brushing with reserved marinade and turning once or twice. (*Or,* place kabobs on the greased unheated rack of a broiler pan. Broil 4 inches from heat for 8 to 10 minutes or till shrimp turn pink and scallops are opaque, turning and brushing often with marinade.) Makes 6 to 8 servings.

Nutrition information per serving: *213 cal., 11 g fat, 150 mg chol., 27 g pro., 2 g carbo., 324 mg sodium, 0 g fiber. RDA: 13% calcium, 26% iron.*

BEEF IN CREAMY MOREL SAUCE

If fresh morel mushrooms are hard to find, look for dried morels in gourmet specialty shops. Rehydrate them according to package directions. If you'd like, you can also substitute shiitake mushrooms or regular button mushrooms—

- **1 1½- to 2-lb. beef bottom sirloin roast (tri-tip)**
- **2½ cups whole, halved, *or* quartered fresh morel *or* shiitake *or* button mushrooms**
- **¼ cup dry white wine *or* water**
- **1 12-oz. container (1½ cups) refrigerated alfredo pasta sauce**
- **Fresh bay leaves (optional)**

Place beef roast, fat side up, in a shallow roasting pan and sprinkle with salt and pepper. Insert a meat thermometer. Roast, uncovered, in a 325° oven about 40 minutes or till meat thermometer registers 140° (rare). Cover with foil. Let roast stand for 10 minutes before carving.

Meanwhile, for the sauce in a medium skillet cook the mushrooms in the wine or water about 5 minutes or till tender. Cook, uncovered, about 5 minutes more or till most of the liquid has evaporated. Stir in alfredo sauce. Heat sauce through, but *do not boil.*

To serve, slice the beef thinly across the grain. Serve with the alfredo mushroom sauce. Garnish each serving with fresh bay leaves, if desired. Makes 6 to 8 servings.

Nutrition information per serving: *cal., 24 g fat, 104 mg chol., 30 g pro., g carbo., 266 mg sodium, 1 g fiber. RDA: 12% calcium, 15% iron, 1 vit. A, 13% thiamine.*

TASTE WHAT BEST FOODS® REDUCED FAT CAN DO FOR CHICKEN SALAD.





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Best Foods® Reduced Fat Mayonnaise Dressing has 1/3 the fat of regular mayonnaise, no cholesterol, and the great taste of Best Foods.® Try this new chicken salad recipe and discover a taste you can only get with Best Foods.®

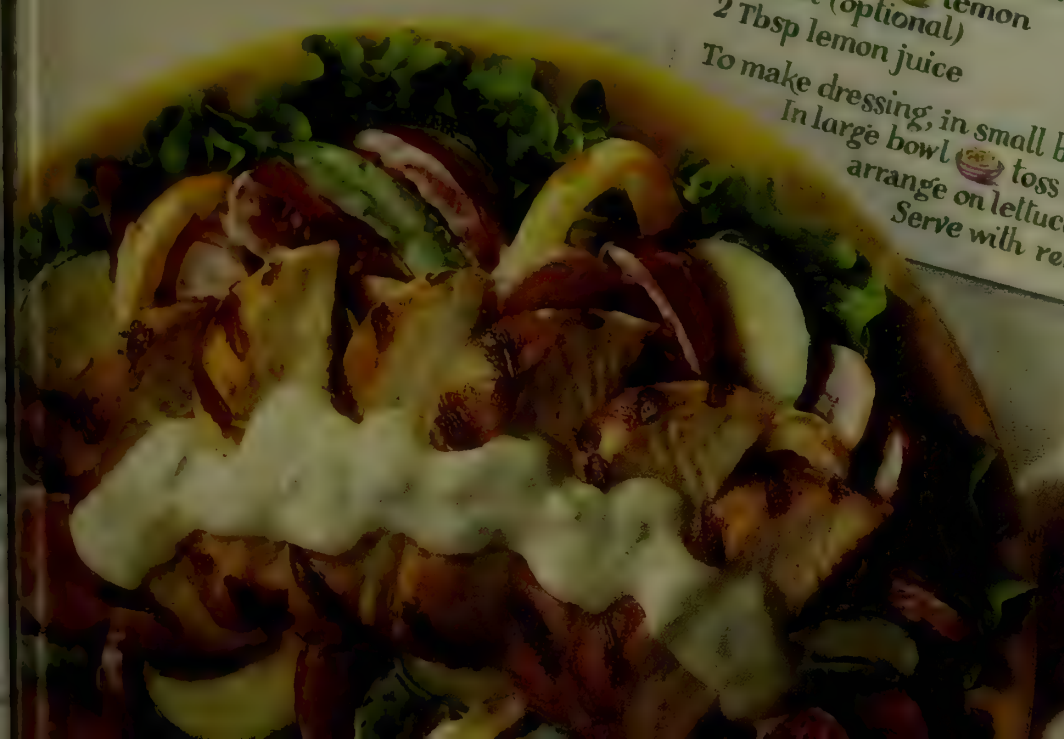


Bring out the Best Foods... bring out the best.®

Garden Chicken Salad

¾ cup Best Foods® Light or Reduced Fat Mayonnaise Dressing
3 Tbsp lowfat milk
2 Tbsp chopped green onions
1 tsp grated lemon peel (optional)
2 Tbsp lemon juice
1 tsp sugar
¼ tsp pepper
6 cups cut-up *fresh* vegetables
Lettuce leaves to line platter
1 lb boneless, skinless chicken breasts, grilled & sliced

To make dressing, in small bowl combine first 7 ingredients. In large bowl toss vegetables with half of dressing; arrange on lettuce-lined platter. Top with chicken. Serve with remaining dressing. Serves 4



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A BACKYARD DECK TAILORED TO THE LAND





By nestling a shapely cedar deck and relaxing spa amid the yard's towering pines, the couple can step out their back door into an enchanting retreat.

Photographs: Mike Jensen
Regional editor: Trish Maharam

Let your environment dictate your deck design. Taking cues from their Pacific Northwest surroundings, Ron and Lee Norton carved a deck and spa into their yard's heavily wooded landscape.

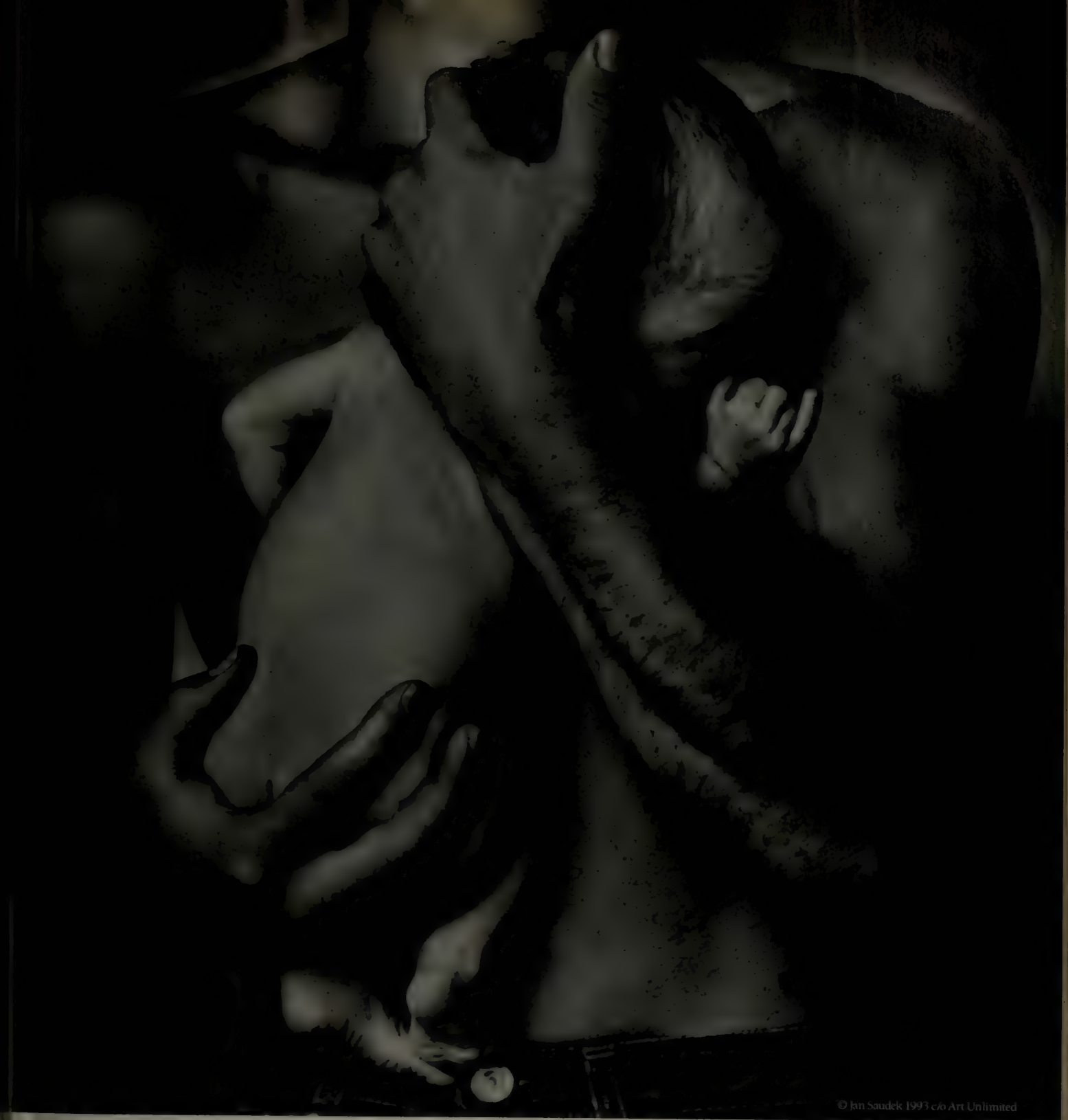
To naturally accent the northwoods setting, the couple opted for stained cedar lumber. The cedar deck boards and railing are built over a base of treated lumber to ensure extra durability. Gently curved railings, simply detailed trimwork, and a Japanese garden lend an oriental flair that's well-suited to the Northwestern region, which has long been influenced by Far Eastern design.

Multiple levels and an irregular shape conform the deck to the contours of the hillside. Rather than level out the hilliest area, the Nortons covered it with lush plantings.

An arched bridge takes you from the house, over the rugged terrain, and onto th main deck—which was cor structed in the yard's open are so the couple can soak up sk ward views.

The spa was positioned und a cluster of pines to effortless blend it into the landscape. Th location also ensures an abu dance of privacy. The Norto buried part of the spa in the ground, then surrounded it wi three tiers of decking to keep its massive size from domina ing the deck's subtle design.

A stylish cedar privacy fence and railing, picturesq planters, and low-voltage stair lights set the spa area ap as a peaceful haven.



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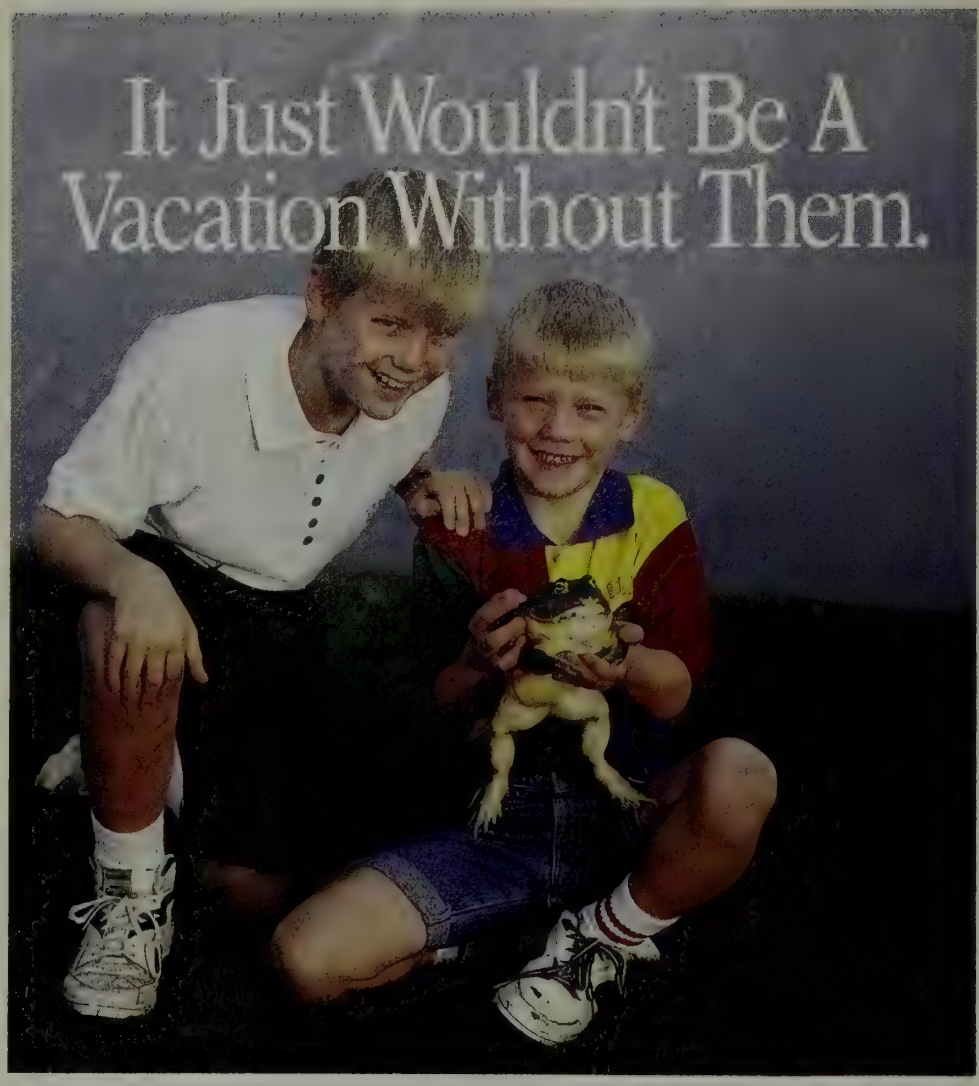
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HOW TO CHOOSE A LADDER

The right extension ladder can make your projects easier and safer.

Buy one that's tall enough to get you on the roof for repairs and to reach the highest trim for painting. Measure from the ground to the eaves, then add about four feet to that figure. This extra height will account for the angle at which the ladder is placed against the house.

Ladders are built from aluminum, fiberglass, and wood. Aluminum is the most popular material because of its light weight, durability, and low cost. Although strong, aluminum ladders tend to flex. To avoid that unnerving feeling, invest in a fiberglass model. Another plus: fiberglass ladders do not conduct electricity. Because of their weight, wooden extension ladders aren't common.

ADD A WIRELESS LIGHT SWITCH



The receiver (right) replaces your existing wall switch. Install the wireless transmitter (left) on any wall within 50 feet of the receiver.

You've been wanting to add a light switch at the top of the stairway or at the other end of a long hallway but you don't want the trouble or expense of running new wire. Check out this lifesaver: a wireless light switch. With a wireless, there's no need to tear up the walls or hire an electrician.

Rather than electrical wire, the switch operates off radio frequency transmissions. A 9-volt battery is required. You should be able to install the switch in 10 minutes.

When you buy a wireless switch, it actually comes with two light switches—one is a transmitter and the other is a receiver. The receiver replaces the room's existing switch. The transmitter can be mounted anywhere on the wall. Together, the two switches give you three-way control of up to 600 watts of incandescent lighting.

You can install the transmitter up to 50 feet away from the receiver. The radio transmissions will even pass through doors, walls, or floors. However, the wireless system will not work with existing three-way switches. Manufacturers offer different radio frequency channels so more than one wireless switch can be used in the same house.

Expect to pay $25 to $30 for a wireless switch at your local hardware store or home center.

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2 TEASPOONS MARGARINE

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⅓ CUP SKIM MILK

2 TABLESPOONS SHREDDED REDUCED-FAT SWISS CHEESE

2-OZ. JAR SLICED PIMIENTOS, DRAINED

3 ENGLISH MUFFINS, TOASTED

10-OZ. PKG. FROZEN ASPARAGUS SPEARS

COOK: USING SKILLET COATED WITH NON-STICK COOKING SPRAY, COOK TURKEY, COVERED, 12-15 MINUTES OR UNTIL LIGHTLY BROWNED AND NO LONGER PINK IN CENTER; TURN OCCASIONALLY. DRAIN; KEEP WARM. **SAUCE:** MELT MARGARINE. ADD FLOUR; COOK AND STIR 1 TO 2 MINUTES OR UNTIL BUBBLY. ADD MILK GRADUALLY; STIR UNTIL MIXTURE THICKENS. REMOVE FROM HEAT. ADD CHEESE AND PIMIENTOS; STIR UNTIL CHEESE MELTS. TOP 6 MUFFIN HALVES WITH 2 TO 3 TURKEY LINKS AND ASPARAGUS. ADD SAUCE. GARNISH WITH PINK PEPPERCORNS IF DESIRED. ADD SECOND MUFFIN HALF. 6 SERVINGS.



NUTRITIONAL INFORMATION PER SERVING (1/6 OF RECIPE) – CALORIES 324; PROTEIN 28G; CARBOHYDRATE 26G; FAT 12G; CHOLESTEROL 41 MG; SODIUM 172 MG.

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A tangy Saladventure Recipe: Crunchy and satisfying – on the side or as the main course. Arrange marinated artichoke hearts, quartered on a bed of romaine lettuce and spinach. Accent with thin-sliced red cabbage. Top with crisp bacon pieces and sauteed croutons. Dust with Parmesan cheese, and add a tasty drizzle of T. Marzetti's Dijon Honey Mustard Dressing. Refrigerated fresh in your favorite grocer's produce department.

T. MARZETTI'S SALAD IDEAS FROM THE PRODUCE DEPARTMENT

SALADVENTURES

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AMERICAN NAME. ITALIAN TASTE.

FOOD

FRESH LOOKS FOR LETTUCE SALADS

Give your ho-hum salad a flavor make-over. Let the creative dressings and salad toppers in this guide liven up your lettuce.

Vary your vinegars and oils. For a simple dressing, match equal parts flavored vinegar such as raspberry, champagne, or red wine vinegar to one part oil such as hazelnut, walnut, or olive oil and shake or mix to combine. Add a little sugar, lemon, salt, or pepper to taste, if desired.

Stir together a creamy low-fat dressing. Add milk and Dijon-style mustard (about a tablespoon each) to an 8-ounce carton of plain yogurt. Season with a teaspoon each of dried herb and honey.

Include an exotic vegetable. To your usual green salad, add one or two unusual vegetables, such as thin strips of raw jicama or sweet potatoes, morel mushrooms, sliced kohlrabi, chopped raw fennel, hearts of palm, or roasted sweet red pepper strips.

Beef up your lettuce for a main dish. Marinate sardines, sliced pepperoni, deli meat, or cocktail shrimp for about 30 minutes in Italian salad dressing and add to your salad. Or, for extra protein, go with bite-size wedges or cubes of unique cheeses such as smoked Swiss, Camembert, fontina, goat's cheese, or feta.

Sweeten with fruit. Greens pair well with apple or pear wedges, grapes, berries, dried fruits, or pickled watermelon. Drizzle fruit-filled salads with sweeter dressings such as poppy seed or honey mustard.

Go beyond croutons for crunch. Miniature crackers, fish-shape pretzels, and broken bagel chips offer new flavors and extra crunch.

Add shreds of flavor. Shred zippy raw turnips, white or red radishes, fresh ginger, or tangy citrus peel for colorful, out-of-the-ordinary toppers.

Go nuts on your salad. Check out the wide variety of nut options, including cashews, pine nuts, sunflower seeds, and sliced almonds. Toast them in a hot oven for a few minutes to intensify the flavor.

Sprinkle on favorite herbs. Snip fresh herbs such as basil, oregano, cilantro, or lemon grass or use crushed, dried herbs. As a guideline, use one-third as much dried herb as fresh.

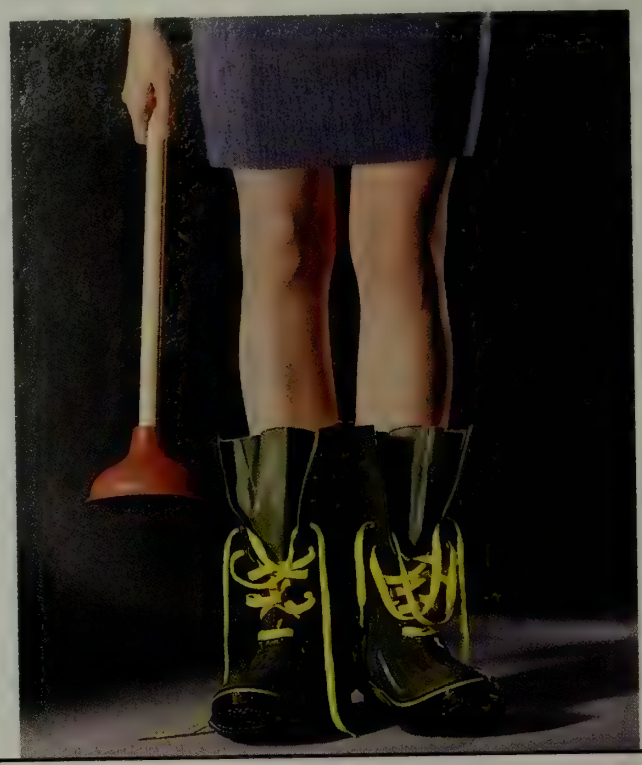
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REMODELING

GREETING GATE
Putting personality out front

This sculptured entry gate and trellis directs traffic with flair and spirit. Visitors used to get side-tracked to a kitchen door, but no more. Painted to match the house, the garden-style entry includes a swinging gate that dips to waist height.

The 4-inch-square latticework is woven from standard 1×2 lumber. Pressure-treated 6×6 posts support the weight of the trellis and gate. Double 2×8 cedar beams are finished with 2×2 crosspieces, spaced 4 inches apart, to form the trellis. Three light fixtures punctuate the trellis with illumination at night.



An inviting front entry previews the warm welcome that awaits your guests inside.

rney with the grey wolf to the wilds of the north... a Bradford Exchange recommendation

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In full color on fine porcelain
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YES. Please enter my order for:

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MAKE YOUR MARK

Draw from the array of chalks, pens, and pencils when marking crafts and quilting projects. Always test each marker to be sure it is compatible with your fabric.

Fade-out markers disappear in 24–72 hours. They also wash out with water.

Water-soluble markers wash out with plain water. *Note:* Some fabric dyes and detergents may set the marks.

Quilter's pencils and tailor's chalk leave light marks on dark fabrics.

Tailor's wax is for wools only. The waxy mark melts into wool but stains other fabrics.

Transfer pens and pencils turn your patterns into iron-on transfers, leaving a permanent line.

Permanent fabric markers draw on faces and other details without bleeding like regular permanent markers.

DIVINE SALVATION

continued from page 116

MOSAIC TABLETOP, page 111

Materials: Broken, discarded, or n ceramic tile in desired colors; ceran tile adhesive and grout; tile nipp (many tile stores rent nippers); old ble or materials to build new tat plywood to fit tabletop; safety gogg and plastic gloves.

Instructions: *Note:* If using old ta that has porous wooden top, elimin plywood base and work directly tabletop. If tabletop is not poro sand to remove finish or follow dir tions *below* and cut new tabletop.

Since size and shape of tabletop v vary, exact dimensions and patte cannot be given. Design may adapted to rectangular table or be by placing squares horizontally. A simple design will work. Table sho has four 12-in. squares and a 2 wooden border.

Remove original tabletop. Cut p wood to fit table skirt and legs. *N* For best results, mosaic should down into table skirt and legs so edges of outer tile do not show.

Divide tabletop into desired nu ber of blocks. Using photograph *page 111* for guideline, draw s moon, cloud, and star patterns o blocks. Shapes should be simple lines should be bold. If desired, d your own design, keeping all of shapes simple.

Nip tile into small (about 1- pieces. *Wear safety goggles and pro tive clothing when nipping tile.* P tile inside design outline until are filled, nipping into smaller shape needed. Remove small sections of apply adhesive to backs of tile adhere to plywood following ma facturer's directions. Repeat for maining design areas. Fill background areas in same manne

Following manufacturer's di tions, mix grout to mashed potat peanut butter consistency. *Note:* W plastic gloves when mixing and ap ing grout. Mix small amounts of g at a time. Working in small a push grout into gaps between t Polish tile according to manufac er's directions. *Do not* clean with cloth or liquid cleaner. Let grout d week. Seal with grout sealer.

FROM BORING TO BRIGHT

ontinued from page 106

AINT TIPS

The nursery's walls and unfinished nirror—even the bathroom's vinyl loor (see *page 104*)—were given a aint perk-up using a simple masking- ff technique. To brush up your interi- rs, follow these guidelines:

Materials: Painter's masking tape available at paint stores); carpenter's evel; measuring tape; flat or satin la- ex or alkyd wall paint; for floors, la- ex enamel paints and nonyellowing olyurethane sealer; pencil; brushes.

Plan a wall, frame, or floor design n paper first. If you're a beginning ainter, try stripes or a simple geomet- ic pattern.

Prepare vinyl floors or any shiny urface to accept paint by first clean- ng the area thoroughly, then wiping n a liquid deglosser (also called a liq- id sander). Next, prime the surface ith a quality-bond primer.

Paint white base coat; allow to dry.



Cheer up plain walls and an unfinished mirror with bright paints. Use lots of white to keep the rich hues from overwhelming.

Measure and mark the design lightly with a pencil, using a carpenter's level to ensure straight lines.

Plan to paint one color at a time where different colors join together, masking off the area to be painted and allowing the paint to dry before proceeding to the next section. If you're working with alkyd (oil-based) paints, be sure the room is ventilated and allow more time for the paint to cure.

Mask off with tape along the outside edges of the pencil lines around each section. Run your finger firmly over the tape edge along the pencil line to make sure the tape is fastened securely. A tight edge will keep paint from bleeding over the pencil line. Leave the other side of the tape free for easy removal. *Note:* Ordinary masking tape may pull up your paint in spots. Be sure to use tape labeled as "painter's masking tape" that is intended for interior wall painting.

Paint the design. Remove the tape immediately after painting, being careful not to smear the fresh paint, to avoid the tape's drying and sticking. BH&G

Which Lab Has Too Much Flab?



It's hard to spot an overweight dog using your eyes. Instead, use your hands. Put your thumbs along your dog's spine and your fingers around his middle. If you can't easily feel his ribs, you may have a good reason to get your hands on Purina® Fit & Trim® brand adult dog food.

It's specially formulated with fewer calories and less fat than the leading brand, to help dogs that lead *too* much of a dog's life.

So try the test. And if your Lab's too flabby (like the one on the right), try Purina Fit & Trim.



Purina® Fit & Trim®. What every dog should be.

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CONSERVING WATER IN YOUR HOME

WE EACH USE ABOUT 70 GALLONS OF WATER A DAY, 8 TO 10 TIMES THE AMOUNT WE USED AT THE TURN OF THE CENTURY.

Water covers three-fourths of our planet, but less than 1 percent of it is available for human use. As pressures from population growth and pollution continue to grow, the cost of finding and purifying our water is increasing.

Simple home conservation measures, however, can easily cut your water use in half and save your family hundreds of dollars a year in water bills. Here's how.

In the bathroom. More than 75 percent of our water is used in the bathroom. Toilets are the worst water guzzlers. Older toilets use 5 to 6 gallons per flush. Models built since the 1970s use about 3.5 gallons. The old trick of putting a brick in the tank, however, is not recommended. Submerged bricks disintegrate, and this grit can jam your toilet's working parts. Any tampering with the wa level can lead to unsanitary conditi and subject your home to sewer odor

Low-flow technology. The best wa saver for the bathroom is a low-flow to that uses only 1.5 to 1.6 gallons. T cost about the same as a regular toi but they eventually pay for themselves reducing water bills. Retrofitting exist toilets with new flappers—the rub valves that seal the tank—will also help reduce water us

Showers. The biggest consumer of hot water in y home is the shower. Older shower heads deliver up t gallons per minute. Today you should shop for a sho head that puts out 3 gallons or less per minute. A show head retrofit can save a family 14,000 gallons of water

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(Merc

You get the same long-lasting performance only now with no added mercury (apart from trace

ear and reduce water-heating costs by p to $80. Prices range from $10 to $50. Water-saving shower heads are preferable to flow restrictors that insert between he shower head and the shower arm. Restrictors may result in a weaker spray.

At the sink. Don't leave the water unning while you brush your teeth, have, or wash your face. Fill the sink ather than use a constant stream. This imple procedure can save your family as uch as 2,000 gallons a year.

Clothes washers. Front-load washers se 33 percent less water than top-load washers. For the average family of four, his adds up to a savings of 3,000 gallons year. For the washer you have now, be indful of the water-level settings you se. Don't wash a medium load on a higher setting—mistake manufacturers say people frequently make.

Dishwashing. Washing dishes by hand takes about 16 allons of water. The same dishes can be cleaned in a dishasher with 7 to 10 gallons. You reduce your savings, owever, if you prerinse or wash less than full loads.

Faucet aerators. A faucet aerator can cut water use in alf, and save up to 100 gallons a year per faucet. Aerators low a conventional faucet's flow down to about 2 gallons er minute. Aerators for kitchen and bath faucets can be found in most hardware stores. They cost between $3 and $10, and simply screw onto your faucet nozzle.

GALLONS USED DAILY BY A FAMILY OF FOUR

Toilet flushing	100
Bathing and showering	80
Laundry	35
Dishwashing	15
Cooking and drinking	12
Bathroom sink	8

Check for leaks. On your next trip away from home, check for leaks in your water system. Write down the numbers on your water meter when you leave, and check the meter again upon returning. If it has moved at all, you have a leak.

Your first suspect should be the toilet. Add a few drops of a nonstaining dye to the water in the tank. If the color shows up in the bowl, or if it's gone after a few hours, you have a leak. Check the flushball or flapper and replace if necessary. A sheet of paper left under a faucet overnight will indicate a leak there. Also check water supply lines and fittings inside your cabinets for signs of dampness. If you can't find the leak, call a plumber. Undetected leaks can cause structural damage and attract termites and carpenter ants.

Outdoor water use. Water your lawn and garden early in the morning. Watering during the day loses water to evaporation, and watering at night may lead to fungus or mildew problems. For efficient and hassle-free watering, install trickle irrigation and timed sprinklers. Ground covers and other drought-tolerant landscaping methods greatly reduce summer water demand.



t included.)

urally occur in any battery). They may not save the world, but it's a step in the right direction.

BEEFIER

BEEF



Beef up the flavor with Kikkoman Soy Sauce. As the only major brand of soy sauce th **naturally brewed**, Kikkoman has the unique ability to enhance overpower, the natural flavors of food. Beef becomes beefier. And any g taste you create becomes a bit tastier. Naturally. For some exceptio recipes using Kikkoman Sauces, send a stamped, self-addressed envel to: Kikkoman International Inc., Dept. CSF1, P.O. Box 420784, Francisco, CA 94142-0784. **KIKKOMAN** **It's a matter of t**

ANTIPASTO ANYONE?
Say yes to summer taste



A beautiful antipasto platter, featuring summer-ripe vegetables and fresh herbs, is perfect for casual get-togethers. Serve the antipasto as they do in Italy—with crusty bread and wine.

n Italian, "antipasto" means "before the meal." But with a luscious sortment of traditional foods on an tipasto tray, it's easy to make a light eal out of it. Pick three or more antisto items from our list to create a y for an intimate gathering; or, plan all of these simply prepared foods r a crowd-size antipasto tray.

Many of these foods can be fixed ead; simply cover each food separtely and chill till needed. Arrange e tray before serving.

MMER ANTIPASTO

pe tomatoes, sliced and sprinkled with snipped fresh basil and olive oil

ozzarella *or* Monterey Jack cheese, sliced and sprinkled with snipped fresh herbs

nned garbanzo beans, drained and marinated in a mixture of finely chopped onion, parsley, balsamic vinegar, and olive oil

asted sweet red peppers (see directions, *right*), quartered and filled with semisoft goat cheese *or* cream cheese

Grilled *or* broiled eggplant slices (see directions, *below*)

Ripe pear wedges, brushed with lemon juice and wrapped in thinly sliced prosciutto

Thinly sliced salami

Dried tomatoes

Pitted ripe olives

Green onions

Fresh basil leaves

To roast peppers: Halve red peppers. Remove stems, seeds, and membranes. Place, cut side down, on a foil-lined baking sheet. Bake in a 425° oven for 20 to 25 minutes or till all of the skin is bubbly and brown. Place peppers in a paper bag; close bag. Let stand for 20 to 30 minutes or till cool enough to handle. Slip off skins and discard. Halve each pepper half.

To grill or broil eggplant: Slice eggplant into ½-inch-thick slices. Brush slices with *olive oil* or *cooking oil.* Sprinkle lightly with fresh snipped *oregano.* Grill directly over *medium coals* (or, broil about 5 inches from heat) about 5 minutes per side or till tender and slightly charred, brushing occasionally with additional oil. BH&G

AMERICA DISCOVERS

KIKKOMAN

Sweepstakes

A TRIP FOR TWO—ANYWHERE IN THE CONTINENTAL U.S.!

GRAND PRIZE:
Trip for two to any continental American city—up to a $5,000 value including $1,000 allowance for dining and activities.

25 FIRST PRIZES:
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75 SECOND PRIZES: Hardcover *Better Homes and Gardens® New Cook Book* (retail $22.95). Plus Kikkoman *Oriental Cooking & More* cookbook (retail $3.50).

There's so much to discover about naturally brewed Kikkoman Soy Sauce. Chefs at fine restaurants all across the country already know what your family will soon discover. From Portland, Oregon, to Portland, Maine, they're using Kikkoman in everything from omelettes to meat loaf. Find out for yourself by winning a trip to one of these cities—or any city in the continental United States—in the *America Discovers Kikkoman* Sweepstakes.

Simply complete the entry form below and you may be a winner.

SWEEPSTAKES RULES:

1. Contest is open to U.S. residents 18 years of age and older, except employees of Kikkoman and Meredith Corporation, their affiliates, subsidiaries and families.
2. Clearly type or print your name and address on entry form or a postcard.
3. Send entries to "America Discovers Kikkoman," P.O. Box 7274, Clinton, IA 52736.
4. All entries must be postmarked no later than November 30, 1993. No responsibility is assumed for lost, late or misdirected entries.
5. Winners will be selected by a random drawing from all entries received on or about December 15, 1993, and will be notified by mail.
6. Entry constitutes permission to use winner's name and hometown for promotional purposes. Winner will be required to sign Affidavit of Eligibility, and winner and travel companion will be required to sign a Release of Liability within 10 days of notification.
7. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes, if any, are the sole responsibility of the winners.
8. Trip subject to availability and must be started no later than December 31, 1994. Trip includes airfare and accommodations for two people for six nights to any city in the continental U.S. An allowance of $1,000 for dining and activities is included in the award. Total value of award: up to $5,000.
9. For a list of prizewinners (available after December 15, 1993) include a separate, self-addressed stamped envelope with entry.
10. Odds of winning depend on the number of entries received.
11. One entry per household.

AMERICA DISCOVERS KIKKOMAN SWEEPSTAKES

Name: _____

Address: _____

City/State: _____ ZIP: _____

Phone: _____

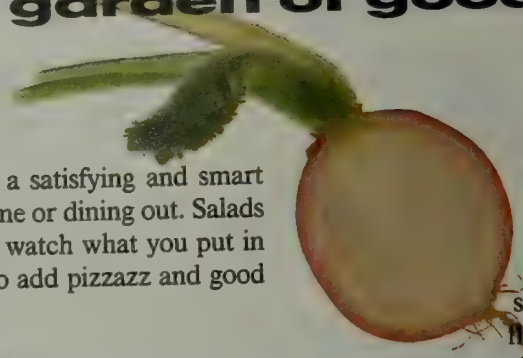
Please check one:

☐ I have already discovered the great taste of naturally brewed Kikkoman Soy Sauce!

☐ I would like to discover the great taste of naturally brewed Kikkoman Soy Sauce!

BHG

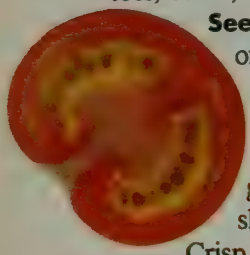
THE SMART SALAD
Toss a garden of goodness



Dishing up a salad can be a satisfying and smart choice, whether you're eating at home or dining out. Salads can fill you up nutritiously—if you watch what you put in them. Try these salad suggestions to add pizzazz and good nutrition to your meal.

HOW TO TOSS A NUTRITIOUS SALAD

Go for the brights. Let your eyes be your guide to choosing a nutritious salad. The colors orange, yellow, and green tip you off to vitamin-rich produce. Dark green, leafy vegetables burst with vitamins E and K, riboflavin, and folic acid. Broccoli, tomatoes, oranges, and colorful sweet peppers pack a lot of vitamin C and beta carotene. A plain lettuce salad with a few chopped tomatoes, for example, pales in color and nutrition next to a crisp salad of dark greens, colorful peppers, squash, pea pods, berries, tomatoes, beans, and mushrooms.



Seek the crunch. Where there's crunch, there's often fiber. Broccoli, carrots, and red cabbage are good examples of crunchy fiber-rich vegetables. Other vegetables, such as zucchini, potatoes, and cucumbers, can be a good source of fiber if you leave the skin on. And don't forget fruit. Crisp, fresh pears and apples add fiber, too. Eating salads full of these vegetables and fruits will help you meet the recommended daily intake of 25 to 30 grams of fiber. But don't automatically think that if there's no crunch, there's no fiber. Green peas, lentils, and lima, kidney, garbanzo, or other dried beans pack a healthy fiber punch, too. For convenience, try canned beans.



Turn a new leaf. You can build a healthful salad fast using prepackaged salad green mixes from your supermarket produce section. Or, instead of lettuce, reach for crisp salad ingredients such as radicchio, Swiss chard, lemony sorrel, kale, or red cabbage.

Break the routine. Top your salads with cooked miniature or "baby" vegetables, such as pattypan squash, corn, red onion, or zucchini, to make salads conversation pieces. Fruits—such as mandarin oranges, berries, ar grapes—brighten a ho-hum sala Grilled seafood, poultry, pork, or be served atop a colorful salad makes satisfying summertime main dish. Edit flowers (make sure they haven't be sprayed with pesticides), such as pansies, violets, or nastu tiums, make stunning additions.

Lift the salad heavies. When building any salad, easy on the high-fat items typically found at salad ba Chinese noodles (which are fried); bacon bits; sunflow kernels; regular-fat cheeses; tuna, ham, or chicken sal potato or pasta salad; and olives.

continued on page 130





SUNBATHING

When you've got a hunger for
incredible sundrenched flavor,
there's nothing like the taste
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Dip into a bag.



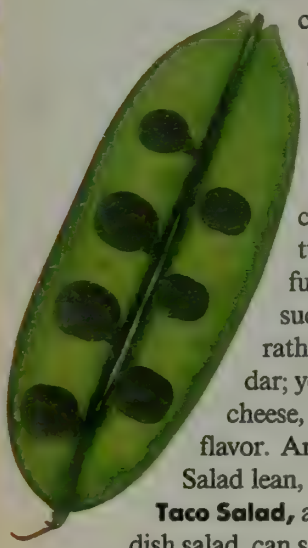
A little sun never tasted so good.

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continued from page 128

IMPROVE YOUR FAVORITES

The name salad doesn't guarantee a dish that's low in fat or calories. These tips will help you lighten some favorites that are deceptively high in fat.



Chef Salad, *without* the dressing, can contain up to 18 grams of fat (that's as much as in ½ cup of premium vanilla ice cream). Lower the fat by using low-fat cheeses and extra-lean turkey or ham. Use full-flavored cheeses, such as a sharp cheddar rather than a mild cheddar; you'll be able to use less cheese, yet still have lots of flavor. And to keep your Chef Salad lean, use nonfat dressing.

Taco Salad, another popular main-dish salad, can serve up to 26 grams of fat. The key to cutting the fat: Skip the deep-fat fried tortilla bowl (to save about 17 grams of fat). If you make Taco Salad at home, bake your tortilla bowls instead of frying them (see recipe, *page 132*). Also, save on fat by serving a reduced-fat sour cream or low-fat plain yogurt on the side (or not at all), and tossing in more lettuce and beans than meat. Use a lean meat, such as 90% percent lean ground beef or lean ground turkey, and add shredded cheese sparingly.

Waldorf Salad, at 22 grams of fat, is not a dieter's delight either. By simply substituting fat-free or low-fat mayonnaise for regular mayonnaise and using low-fat lemon yogurt instead of whipping cream, you can cut the fat by almost half. Also, decrease the amount of walnuts you use and toast them to bring out the flavor.

Caesar Salad, an all-time favorite first-course salad, has up to 17 grams of fat per serving. Also, the classic Caesar dressing is made with raw eggs, a practice that is no longer recommended by many health authorities (see tips on salad safety, *page 132*). We adapted the classic dressing so it contains cooked eggs and made it lower in fat (see recipe, *page 132*).

DRESSING (1 Tbsp.)	CALORIES	FAT (g)
French		
Regular	60	6
Low-fat	25	1
Fat-free	20	0
Italian		
Regular	50	5
Low-fat	20	2
Fat-free	6	0
Ranch-style		
Regular	90	10
Low-fat	30	3
Fat-free	16	0
Thousand Island		
Regular	60	5
Low-fat	30	2
Fat-free	20	0



DRESSINGS: LADLE LIGHTLY

A frosty salad plate that is piled high with multicolored greens, vegetables, and fruits gets a hearty and healthful thumbs-up. But many health-conscious, well-meaning folks often ladle on too much salad dressing, which can easily shoot the fat and calories upward. Most salad bar ladles hold about 1 to 1½ tablespoons of dressing. When you top your salad with two or three ladles of regu dressing (at about 60 to 80 calories tablespoon), you're adding on fr 120 to 360 extra calories—most them from fat.

If you love salad dressing, yet w to keep from overdressing your sal try these tips:

- Ask for the dressing to be serve the side when you're dining out so can control the amount used.
- Put the dressing in a small bow the side and dip your fork into it fore filling your fork with salad.
- Dilute your favorite dressing wi little skim milk (if it's a creamy d ing), vinegar, or lemon juice. Thi dressing goes farther, so you use l

continued on page



Introducing



thicker,



fruitier,



New, Better Tasting Dannon Blended Yogurt.

Even thicker and creamier. Even fruitier tasting. And still fat free. It's the perfect blend, for the perfect blended yogurt. So put your old blended yogurt out to pasture. And try new, better tasting Dannon Blended Yogurt.

A VERY HEALTHY HABIT. FOR LIFE.™

DANNON Blended



continued from page 130

● Use low-fat or nonfat dressings to save more than half the calories per tablespoon. They've come a long way in terms of taste. Compare your favorites in the chart on *page 130.*

Note: Dressings may be labeled *Fat Free, Reduced Fat, Reduced Calorie,* or *Light* (or *Lite*). The meanings of these terms are regulated by the Food and Drug Administration (FDA):

Fat Free: less than 0.5 g of fat per serving.

Reduced Fat: 25 percent less fat than the regular dressing.

Reduced Calorie: 25 percent fewer calories than the regular dressing.

Light (or *Lite*): contains at least one-third fewer calories or 50 percent less fat than the regular dressing.

CREAMY GARLIC DRESSING

For your own lower-calorie, lower-fat dressing, try this easy-to-make dressing on your next salad—

In a small bowl stir together ½ cup *plain low-fat yogurt,* ⅓ cup *low-fat Italian salad dressing,* 1 tablespoon grated *Parmesan cheese,* and 1 small *garlic clove,* minced. Cover and chill. Makes 1 cup (16 tablespoons).

Nutrition facts per tablespoon: *12 cal., 1 g total fat.*

THE NEW CAESAR SALAD

Compared with a classic Caesar, this version has 13 fewer grams fat and 120 fewer calories per serving—

1 small head romaine
5 cups torn fresh spinach
4 anchovy fillets, rinsed and patted dry
⅓ cup low-sodium chicken broth
2 egg whites
1 Tbsp. olive oil *or* salad oil
1 Tbsp. lemon juice
1 clove garlic, minced
Few dashes Worcestershire sauce
Dash bottled hot pepper sauce
1 medium carrot, shredded
1 medium red sweet pepper, cut into strips
½ cup broken melba toast rounds
3 Tbsp. finely shredded Parmesan cheese
Coarsely ground pepper
Lemon wedges (optional)



Core and wash romaine; pat dry. Cut out and discard the midrib of *each* leaf. Tear romaine into pieces (should have 5 cups). Place romaine and spinach in a plastic bag; chill.

For dressing, in a small mixing bowl use a fork to mash anchovy fillets. Add chicken broth, egg whites, olive oil or salad oil, lemon juice, garlic, Worcestershire sauce, and hot pepper sauce; beat with a fork or wire whisk till combined.

Pour dressing into a small saucepan. Cook and stir with a wire whisk over low heat for 10 to 15 minutes (8 to 10 minutes for a gas stove) or till slightly thickened. *Do not boil.* Transfer to a bowl; cool slightly. Cover the surface with clear plastic wrap; chill for 2 to 24 hours.

To serve, in a large salad bowl combine romaine, spinach, carrot, sweet pepper, and melba toast. Pour dressing over salad; toss gently to coat. Transfer to salad plates. Sprinkle each serving with Parmesan cheese and pepper. Squeeze fresh lemon juice over each serving, if desired. Makes 6 side-dish servings.

Nutrition facts per serving: *97 cal., 4 g total fat (1 g sat. fat), 5 mg chol., 273 mg sodium, 10 g carbo., 3 g fiber, 7 g pro. Daily Value: 79% vit. A, 65% vit. C, 10% calcium, 15% iron.*



BAKED TORTILLA BOWLS

Serve homemade taco salad in these edible bowls and save 17 grams of fat over the fried version—

Lightly brush one side of desired number of *10-inch flour tortillas* with *water.* Press each tortilla, coated side up, into a 16-ounce casserole that has been sprayed with *nonstick coating.* Place a ball of foil in each tortilla bowl to hold its shape. Bake in a 350° oven 15 to 20 minutes or till light brown.

Nutrition facts per serving: *85 cal., 2 g total fat, 155 mg sodium.*

KEEPING YOUR SALAD SAFE

Salads, like any food, need special handling and care.

● Keep mayonnaise-based salads, such as tuna, potato, or egg salads, properly stored when toting them to picnics. Cover them with plastic wrap or place them in an airtight container, then keep them in a well-chilled ice chest with plenty of ice.

● Refrigerate chilled egg dishes immediately after mixing, and keep them cold until served. Most experts think using uncooked or slightly cooked eggs in recipes, such as in homemade mayonnaise or classic Caesar Salad, is risky because of possible salmonella contamination. Salmonella, a harmful bacteria, can cause severe illness.

● Allergic to sulfites? In 1986, sulfites were banned by the Food and Drug Administration from use on *raw* salad bar items. Although most people aren't sulfite-sensitive, a small number suffer life-threatening reactions. If you buy prepackaged salad mixes, check the label for sulfites.

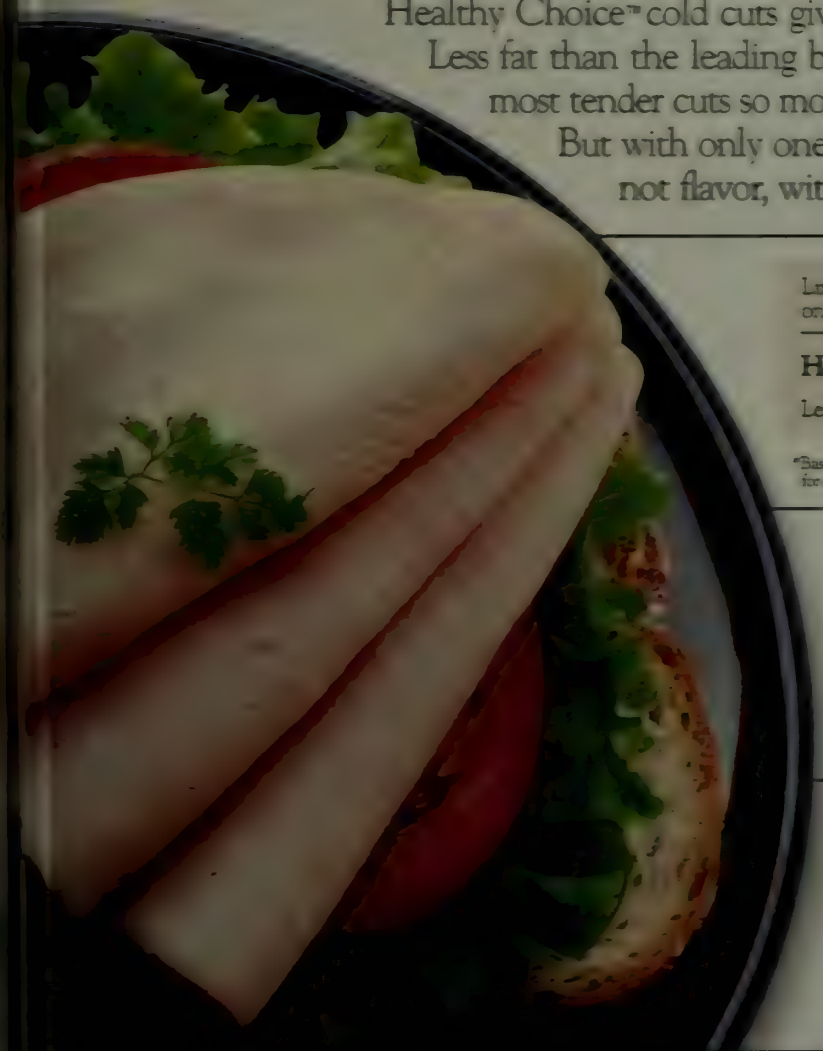
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Line average based on 1 oz. serving	Fat (% of Calories)	Cholesterol (mg)	Sodium (mg)
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NUTRASWEET

no-cook *Summer* *meals*

By Julia Malloy

10 delicious recipes to keep you and your kitchen cool

- off-the-shelf sandwiches
- quick-fix deli platters
- hearty make-ahead salads
- icy low-fat soups



Tex-Mex Tortilla Stack Recipe begins on page 152.

no-cook *Summer meals*







Seafood Cocktail Salad

The perfect partner for this fruitful twist on classic shrimp cocktail? Shell-shaped crackers, of course!

- 1 8-oz. pkg. frozen shrimp- *and/or* crab-flavored salad-style fish (surimi)*
- 1 8-oz. pkg. fresh *or* frozen peeled, cooked shrimp
- ⅓ cup nonfat *or* regular French *or* Russian salad dressing
- ¼ cup cocktail sauce
- 1 medium avocado, halved, seeded, peeled, and chopped
- Lettuce leaves
- ½ of a small honeydew melon, seeded, peeled, and sliced
- ½ of a small cantaloupe, seeded, peeled, and sliced
- 1 orange, peeled and sliced crosswise
- 12 strawberries, halved
- ½ tsp. poppy seed

•*Thaw fish and shrimp*, if frozen; set aside. For dressing, stir together salad dressing and cocktail sauce. If necessary, stir in a little *water* to make of pouring consistency. Cover and chill till serving time.

•*In a medium mixing bowl toss* together shrimp and/or fish, avocado, and *3 tablespoons* of the dressing.

•*Arrange lettuce leaves* on 4 dinner plates. Spoon seafood mixture onto lettuce. Arrange melon, orange slices, and berries around seafood. Sprinkle with poppy seed. Serve with remaining dressing. Makes 4 main-dish servings.

**Note:* You can cut 300 milligrams of sodium by using an additional 8 ounces fresh or frozen shrimp instead of the surimi.

Nutrition facts per serving: 308 cal., 10 g total fat (1 g sat. fat), 108 mg chol., 851 mg sodium, 39 g carbo., 5 g fiber, 19 g pro. Daily Value: 53% vit. A, 171% vit. C, 10% calcium, 18% iron.

Smoked Turkey Salad Sandwich

After you taste this salad seasoned with corn relish, plain chicken salad may seem a little ho-hum—

- ¼ cup nonfat or regular mayonnaise *or* salad dressing
- ¼ cup plain nonfat yogurt
- ½ cup corn relish
- 2 cups chopped fully cooked smoked turkey
- 1 stalk celery, thinly sliced (½ cup)
- 4 kaiser rolls, split; *or* lettuce leaves
- 1 medium tomato, sliced

•*For dressing,* in a small mixing bowl stir together mayonnaise or salad dressing and yogurt. Stir in corn relish.

•*In a large mixing bowl combine* turkey and celery. Add dressing; toss gently to coat. Serve on rolls or on lettuce leaves with tomato slices. Makes 4 main-dish servings.

Nutrition facts per serving: 292 cal., 10 g total fat (1 g sat. fat), 0 mg chol., 527 mg sodium, 3 g carbo., 2 g fiber, 18 g pro. Daily Value: 3% vit. A, 12% vit. C, 25% calcium, 16% iron.



Black Bean Gazpacho

Canned convenience gets fresh with garden vegetables in this spunky chilled soup—

- 3 cups chopped, peeled, and seeded tomatoes
- 1 12-oz. can (1½ cups) hot-style vegetable juice cocktail*
- 1 cup cubed fully cooked ham
- 1 15-oz. can black beans *or* garbanzo beans, rinsed and drained
- ½ cup chopped seeded cucumber, yellow summer squash, *and/or* zucchini
- ½ cup chopped green *or* yellow sweet pepper
- ¼ cup thinly sliced green onion
- 2 Tbsp. Italian salad dressing

Bottled hot pepper sauce (optional)



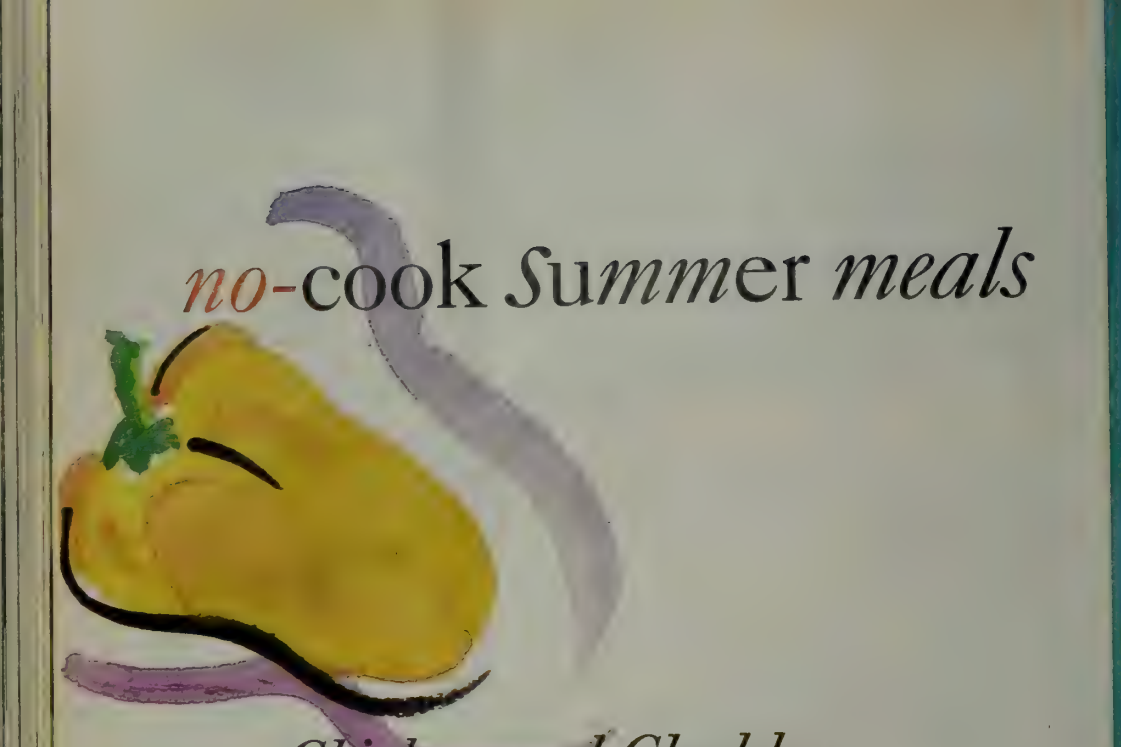
•*In a large mixing bowl* combine tomatoes, juice, ham, beans, cucumber or squash, chopped pepper, green onion, and dressing. Cover and chill for 2 to 24 hours. If desired, serve with bottled hot pepper sauce. Makes 4 main-dish servings.

**Note:* If you're not so hot about hot and spicy food, you can use regular vegetable juice cocktail, or even the reduced-sodium version.

Nutrition facts per serving: 20[illegible] cal., 6 g total fat (1 g sat. fat), 11[illegible] chol., 1,247 mg sodium, 25 g carb[illegible] 8 g fiber, 17 g pro. Daily Value: 1[illegible] vit. A, 82% vit. C, 8% calcium, 1[illegible] iron.


o-cook Summer meals

no-cook *Summer meals*



Chicken and Cheddar Pasta Toss

Yes, you can enjoy a pasta dinner even when you're not in the mood to cook: Just pour boiling water over no-boil noodles. Look for no-boil pastas in the pasta section of your supermarket—

- 6 oz. no-boil pasta ribbons *or* no-boil lasagna noodles, broken
- 1 8¼-oz. pkg. frozen mesquite grilled chicken tenders *or* one 9-oz. pkg. frozen chopped cooked chicken, slightly thawed
- 3 oz. reduced-fat cheddar *or* American cheese, cut into ¾-inch cubes
- 1 medium green, yellow, *or* red sweet pepper, cut into strips
- 1 oz. pepperoni, chopped
- 1 8-oz. bottle nonfat Italian salad dressing
- ⅛ tsp. cracked black pepper
- 5 cups torn curly endive
- 1 cup red *or* yellow cherry tomatoes, halved

• *In a large mixing bowl* cover noodles with boiling water. Let stand for 10 minutes, separating the noodles occasionally with a fork. Drain. Rinse with cold water and drain again. If using chicken tenders, halve them crosswise.

• *Return noodles to bowl;* stir in chicken, cheese, pepper strips, and pepperoni. Add dressing and black pepper; toss gently to coat. Cover and chill for 2 hours or overnight. Before serving, add endive and tomatoes; toss gently to mix. Makes 6 main-dish servings.

Nutrition facts per serving: 252 cal., 7 g total fat (2 g sat. fat), 36 mg chol., 792 mg sodium, 28 g carbo., 1 g fiber, 19 g pro. Daily Value: 17% vit. A, 31% vit. C, 16% calcium, 8% iron.



no-cook *Summer meals*





Greek Pita Platter

A quick stop at your favorite deli is all it takes to stage this make-your-own sandwich platter—

- 1 8-oz. carton plain nonfat yogurt
- ⅓ cup crumbled feta cheese
- 2 tsp. snipped fresh oregano or mint or ½ tsp. dried oregano or mint, crushed
- 1 pint deli-style marinated vegetables
- 1 6-oz. pkg. very thinly sliced fully cooked beef
- 8 whole Greek olives or ⅓ cup pitted ripe olives
- 4 whole wheat or plain pita bread rounds, halved crosswise, or eight 6-inch flour tortillas

•*For sauce, in a blender container* or food processor bowl combine yogurt, feta cheese, and oregano or mint. Cover and blend or process till smooth. If desired, cover and chill till serving time. To serve, place sauce in a small serving bowl. If desired, garnish with additional oregano or mint.

•*Drain vegetables;* discard marinade. On a large platter arrange serving bowl of sauce, vegetables, meat, olives, and pita halves or tortillas.

•*To assemble, fill pita pockets* or tortillas with desired fillings and sauce. Makes 4 main-dish servings.

Nutrition facts per serving: 392 cal., 21 g total fat (8 g sat. fat), 49 mg chol., 502 mg sodium, 31 g carbo., 3 g fiber, 20 g pro. Daily Value: 137% vit. A, 54% vit. C, 29% calcium, 18% iron.



Deli Chicken with Pea Pesto

A pretty platter that's perfect for a lunch or light supper. Pool the pesto on your plate for a dip 'n' eat sauce—

- 6 oz. fresh pea pods or sugar snap peas (1½ cups)
- 1 cup frozen peas, thawed
- ¼ cup purchased or homemade pesto
- ¼ cup milk
- 12 oz. thinly sliced fully cooked chicken breast (12 slices), rolled up
- 2 oz. semisoft goat cheese (chèvre) or mozzarella cheese, sliced
- 8 radishes, each cut into eighths
- Cracked pepper
- Fresh basil (optional)

•*Place pea pods* in a medium mixing bowl. Add enough boiling water to cover; let stand for 2 minutes. Drain. Rinse with cold water; drain again. Set aside.

•*For sauce, in a blender container* or food processor bowl combine thawed peas, the pesto, and milk; cover and blend or process till smooth.

•*To serve, pour one-fourth* of the sauce onto each of 4 dinner plates. Arrange pea pods, chicken, cheese, and radishes on plate. Sprinkle with black pepper. If desired, garnish with basil. Makes 4 main-dish servings.

Nutrition facts per serving: 380 cal., 26 g total fat (2 g sat. fat), 10 mg chol., 209 mg sodium, 15 g carbo., 3 g fiber, 23 g pro. Daily Value: 5% vit. A, 52% vit. C, 8% calcium, 19% iron.



Almond-Dill Spinach Soup

Almonds, yogurt, and evaporated milk make this a hearty, rich-tasting meal—

- 10 oz. fresh spinach leaves (about 7 cups) *or* one 10-oz. pkg. frozen chopped spinach, thawed
- 2¼ cups (18 oz.) evaporated skim milk, chilled
- 1 small onion, cut up
- 2 tsp. snipped fresh dill *or* ½ tsp. dried dillweed
- 1 tsp. lemon-pepper seasoning
- 1 8-oz. carton plain nonfat yogurt
- ¼ cup toasted slivered almonds
- Fresh dill (optional)
- Rose petals (optional)*

•*In a blender container* or food processor bowl combine about *one-third* of the fresh spinach or *half* of the *undrained* thawed spinach, *1½ cups* of the evaporated milk, the onion, dill, and lemon-pepper seasoning. Cover and blend or process till nearly smooth. Add another third of the fresh spinach (if you're using fres cover and blend or process till smooth. Pour the mixt into a large storage container.

•*In the blender container* or food processor bowl combi remaining fresh or thawed spinach, remaining evaporated milk, and the yogurt; cover and blend or process till nearly smooth. Stir into the mixture in th storage container. Cover and chill till serving time.

•*To serve, ladle soup into bowls;* top with almonds. If desired, garnish with fresh dill and rose petals. Mak main-dish servings.

**Note:* To use rose petals as a garnish, make sure t are not poisonous and that they are free from pesticic Gently wash them and pat dry with paper towels.

Nutrition facts per serving: 207 cal., 4 g total fat (1 g fat), 6 mg chol., 534 mg sodium, 26 g carbo., 2 g fiber, 1 pro. Daily Value: 89% vit. A, 19% vit. C, 80% calcium 14% iron.

continued on pag
Buying information, pa



OW TO MAKE A GREAT BEEF DINNER IN JUST FOUR TO SIX WEEKS.

s little time as it receive this free ook, you can delicious dinner n Beef Stir Fry, f with Noodles, e Pepper Steak. ough, to be per- nest, you'll have hirty minutes of

BEEF RECIPE BOOK – 4 TO 6 WEEKS

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(For research purposes.) Number of times, in a typical week, beef is served in your household:_____.

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preparation time to the four to six weeks we've allowed for delivery.

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BEEFSM

IT'S WHAT'S FOR DINNER.

Council and Beef Board

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein will help you keep tabs on what you eat.

You can also check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

The analysis is calculated using two-percent milk, unless otherwise specified in the ingredients.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive for each day.

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

There's no real harm in going over or under these recommended guidelines in any single day, but it is a good idea to aim for a balanced diet over time for good health.

FOOD

DOUBLE-DUTY MARINADE
Makes a great salsa

Keep your summer cookouts simple by turning one recipe into two. Reserve some of the marinade to make a zesty salsa for chicken or fish.

CITRUS MARINADE AND SALSA

This recipe makes enough marinade for a pound of boneless chicken breasts or firm fish steaks, cut 1 inch thick—

- ¼ cup lemon juice
- 2 Tbsp. dry sherry
- 2 Tbsp. olive oil *or* cooking oil
- ½ tsp. dried oregano, crushed
- ¼ tsp. garlic salt
- 1 medium tomato, peeled, seeded, and chopped
- 1 green onion, sliced
- ¼ cup sliced pitted ripe olives
- 1 Tbsp. snipped parsley
- 1 Tbsp. slivered almonds

For marinade, in a 1-cup measure combine lemon juice, sherry, oil, oregano, and garlic salt. Set aside *2 tablespoons.* Pour remaining into a plastic bag in a bowl; add chicken or fish. Close bag; chill 1 hour, turning once.

For salsa, combine the 2 tablespoons marinade, tomato, green onion, olives, parsley, and almonds. Cover; chill till serving time.

Drain chicken or fish, reserving marinade. Grill till chicken is tender



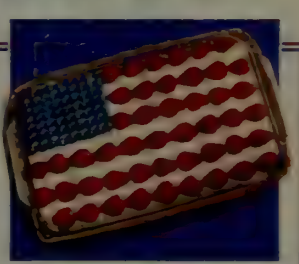
Serve salsa atop marinated grilled chic

and fish is flaky, turning and brush often with the marinade. Serve chilled salsa and avocado slices, if sired. Makes 4 servings.

Nutrition facts per tablespoon salsa *cal., 1 g total fat (0 g sat. fat), 0 chol., 13 mg sodium, 1 g carbo., fiber, 0 g pro. Daily Value: 1% vi 5% vit. C, 0% calcium, 0% iron.*



hey'll all want seconds on the Fourth.



Stars & Stripes

2 pints strawberries
1 package (12 ounces) ENTENMANN'S® All Butter Pound Loaf, cut into 8 slices
1 1/3 cups blueberries
1 tub (8 ounces) COOL WHIP® Non-Dairy Whipped Topping, thawed

- **SLICE** 1 cup of strawberries; halve remaining strawberries. Set aside.
- **LINE** bottom of 12 x 8-inch glass baking dish with cake slices. Top with 1 cup sliced strawberries, 1 cup blueberries and COOL WHIP.
- **ARRANGE** strawberry halves and remaining blueberries over COOL WHIP to create a flag design. Refrigerate until ready to serve. Makes 15 servings.

Whip Smackin' Lip Smackin' Easy

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THAT LITTLE

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THE ICED TEA POT™
BY MR. COFFEE®

NO-COOK SUMMER MEALS

continued from page 144

NUTTY COLESLAW SPRING ROLLS

As stiff as lasagna noodles when dry, edible rice papers soften in water. You'll find them in oriental food markets—

- ¼ cup soy sauce
- 2 Tbsp. rice vinegar *or* vinegar
- ½ tsp. sesame oil
- ¼ tsp. sesame seed
- 2 cups coleslaw mix (shredded cabbage and carrot)
- 1 10½-oz. pkg. firm tofu (fresh bean curd), drained and diced
- ⅓ cup toasted chopped nuts
- ⅓ cup sweet-and-sour sauce
- 8 9-inch round dried rice papers
- Fresh cilantro leaves (optional)
- 8 10-inch-long chives *or* four 10-inch-long green onion tops
- Chinese cabbage leaves (optional)

● **For dipping sauce,** in a small bowl stir together soy sauce, vinegar, sesame oil, and sesame seed; set aside.

● **For filling,** in a bowl combine coleslaw mix, tofu, and nuts. Add sweet-and-sour sauce; toss to coat. Set aside.

● **Pour *warm water*** into a large shallow dish. Dip rice papers into water; let excess drain off. Place papers between damp cotton dish towels; let stand for 10 minutes. In the center of each rice paper, place a cilantro lea desired. Top with about *⅓ cup* of filling. Fold one edge over the fill fold in the sides. Roll up.

continued on page



Transparent rice papers let you see the tasty filling inside Nutty Coleslaw Spring Rolls

veet
eams

A Perillo Original



Shown smaller than actual size of 8¼" in diameter.

The Danbury Mint

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der
ing Care

by Perillo

numbered limited-edition collector plate trimmed in 23kt gold

st clearing, surrounded by the fall-
s of autumn, a young Native
n cradles her little brother. All is
he infant settles in for his after-
. The only sound to be heard is
's soft, lilting voice as she sere-
m with a lullaby. Sweet dreams...

, Gregory Perillo, the recognized
Native American art, recreates
hing scene on a limited-edition
collector plate. Only an artist
llo's talent could capture the spe-
between this brother and sister
n a uniquely loving touch.

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When you acquire "Tender Loving Care" you have our *Guarantee of Satisfaction.* You may return your plate within 30 days for replacement or refund.

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Limit: two plates per collector

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*Plus $2.95 per plate for shipping and handling, and any applicable sales tax.

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Address: _____

City: _____

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_____
Name for Certificate(s) of Authenticity (if different from above)

Allow 4 to 8 weeks after initial payment for shipment.

NO-COOK SUMMER MEALS

continued from page 148

● **Cut green onions in half** lengthwise, if using. Pour boiling water over chives or green onion strips to cover; let stand for 1 minute. Drain. Wrap or tie a chive or onion strip around each bundle. If desired, cover and chill till serving time, up to 4 hours.

● **To serve,** arrange bundles on a cabbage-lined platter and garnish with cilantro, if desired. Serve with sauce. Makes 4 main-dish servings.

Nutrition facts per serving: *262 cal., 13 g total fat (2 g sat. fat), 0 mg chol., 643 mg sodium, 23 g carbo., 3 g fiber, 16 g pro. Daily Values: 30% vit. A, 39% vit. C, 23% calcium, 57% iron.*



Sink this Super Submarine, bite by bite.

SUPER SUBMARINE WITH SUMMER FRUIT RELISH

Choose favorite cheeses and fruit for your meatless meal-in-a-bun—

- **¼ cup lower-fat or regular creamy cucumber salad dressing**
- **¾ cup Boursin *or* soft-style cream cheese with garlic and herbs**
- **¾ cup finely chopped fresh fruit (peach, plum, *or* tomato)**
- **¾ cup finely chopped seeded cucumber**
- **2 Tbsp. toasted chopped pecans**
- **2 Tbsp. snipped parsley**
- **1 loaf unsliced Italian bread**

Lettuce leaves

- **6 oz. sliced lower-fat *or* regular cheese (Swiss, Monterey Jack, mozzarella, Havarti, fontina, provolone, *or* Jarlsberg)**

● **For relish,** in a medium mixing bowl stir together salad dressing and *¼ cup* of the Boursin or cream cheese. Stir in chopped fruit, cucumber, pecans, and parsley. Set aside.

● **Slice bread in half** horizontally. Hollow out halves, leaving 1-inch-thick shells; spread cut sides with remaining cheese mixture. Line bread bottom with lettuce leaves; add relish and cheese slices. Place bread top on cheese. To serve, cut into individual slices. Makes 6 main-dish servings.

Nutrition facts per serving: *393 cal., 14 g total fat (1 g sat. fat), 40 mg chol., 660 mg sodium, 49 g carbo., 3 g fiber, 19 g pro. Daily Values: 15% vit. A, 9% vit. C, 39% calcium, 14% iron.*

TEX-MEX TORTILLA STACK

The layered look is "in" for summer dining, especially when the layers boast easy Mexican-style ingredients—

- **1 9-oz. pkg. (2 cups) frozen chopped cooked chicken**
- **1 cup finely chopped, peeled jicama**
- **½ cup taco sauce**
- **8 10-inch flour tortillas**
- **1 6-oz. container frozen avocado dip, thawed**
- **2 cups chopped lettuce**
- **1 16-oz. can refried beans with green chili peppers *or* Mexican-style beans, drained and mashed**
- **1 8-oz. carton reduced-fat *or* regular dairy sour cream**
- **⅓ cup chopped red sweet pepper**
- **⅓ cup sliced green onion**
- **1 cup shredded lower-fat *or* regular cheddar cheese, Cojack cheese, *or* Monterey Jack cheese with jalapeño peppers**
- **¼ cup sliced pitted ripe olives**

Taco sauce (optional)

● **Thaw chicken.** In a medium mixing bowl combine chicken, jicama, and the ½ cup taco sauce; set aside.

● **Place *one* of the flour tortillas** on a platter. Spread with *half* of the chicken mixture. Spread *half* of the avocado dip onto a second tortilla; place, avocado side up, atop chicken. Sprinkle with *half* of the lettuce. Top with a third tortilla; spread with *half* of the beans. Top with another tortilla; add half *each* of the sour cream, red pepper, green onion, and cheese.

● **Repeat layers,** ending with remaining sour cream, red pepper, green onion, and cheese. Sprinkle with olives. Serve right away or cover and chill for up to 3 hours.

● **To serve,** cut into wedges. Pass taco sauce. Makes 8 main-dish servings.

Nutrition facts per serving: *392 cal., g total fat (3 g sat. fat), 42 mg cho 566 mg sodium, 42 g carbo., 4 g fib 24 g pro. Daily Values: 13% vit. 26% vit. C, 29% calcium, 24% iron.*

JULY RECIPE INDEX

NO-COOK SUMMER RECIPES

Almond-Dill Spinach Soup . . 14
Black Bean Gazpacho 1
Chicken and Cheddar Pasta Toss 1
Deli Chicken with Pea Pesto . 1
Greek Pita Platter 1
Nutty Coleslaw Spring Rolls . 1
Seafood Cocktail Salad 1
Smoked Turkey Salad Sandwich 1
Super Submarine with Summer Fruit Relish 1
Tex-Mex Tortilla Stack 1

PRIZE-TESTED RECIPES

Chick-Pea and Sweet Pepper Salad 1
Kidney Bean and Rice Salad . 1
Raspberry Cheesecake 1
Raspberry Summer Delight . . 1

GOOD FOOD/HEALTH RECIPES

Baked Tortilla Bowls 1
Creamy Garlic Dressing 1
The New Caesar Salad 1

ANTIPASTO RECIPE

Summer Antipasto 1

DOUBLE-DUTY MARINADE

Citrus Marinade and Salsa . .

CORN RELISH RECIPE

Caribbean-Style Corn Relish .

BREAD MACHINE RECIPES

Hazelnut-Amaretto Loaf . . .
Sage Wheat Bread 1

PERKY LEMONADE RECIPES

Lemon Sherbet Float 1
Make-Ahead Lemonade Base. 1
Strawberry-Lemonade Slush . 1
Tropical Lemon Iced Tea . . . 1

BARBECUE SAUCE RECIPE

Don's Finest Barbecue Sauce . 1

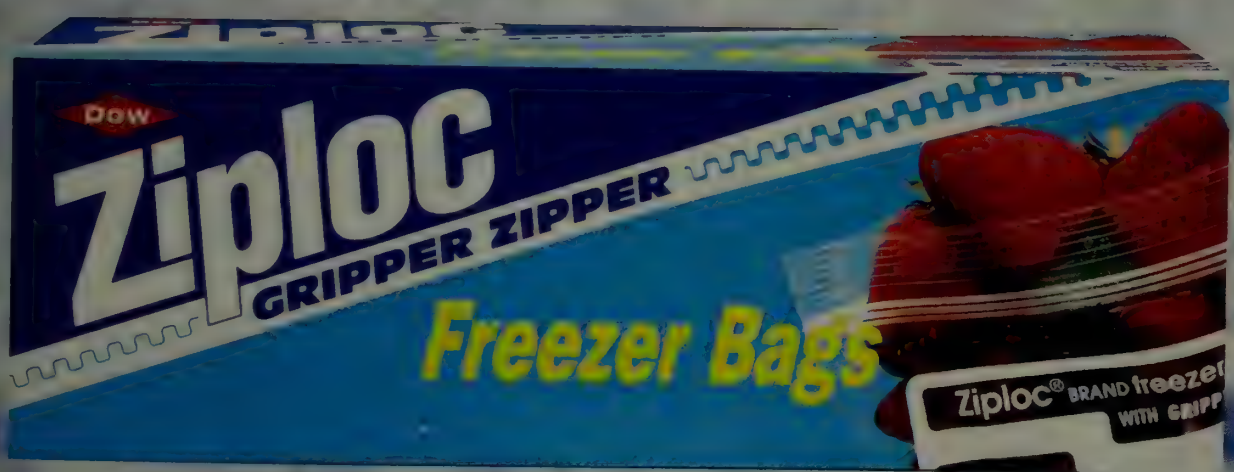
PLUM CATSUP RECIPE

Plum Catsup 1

GOOD-FOR-YOU PESTO RECIPE

Lower-Fat Pesto. 1

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PAINT A PRETTY PLATE

At dessert time, dazzle everyone with splashy painted plates, just like those served in fine restaurants. The secret is in the colorful sauce that's swirling around cakes, cheesecakes, or poached fruit. Start with a thick fruit-based sauce, then follow our tips for homemade designer desserts.

DESIGNING YOUR DESSERTS

- Fix and chill the sauces up to a week ahead.
- Choose plain or white plates to show off your designs.
- Squeeze the sauce directly onto the plate. Or, use a stirred custard sauce as a "canvas" for your fruit sauce designs.
- Pour the fruit sauce into a squeeze bottle, such as a honey dispenser. Or, you can use a heavy-plastic self-locking bag and just snip off a small piece of the corner.
- Experiment with your design and the consistency of your sauce by squeezing samples onto a piece of waxed paper. If too thin, add a little powdered sugar. If too thick, stir in some water or juice. When you're happy with it, repeat the pattern on your plates.
- Holding your hands steady over each plate, squeeze the fruit sauce gently and continuously to make these patterns:

For plain stripes or lines, move your hands over the plate, applying steady pressure to the bottle or bag. Make straight or curved lines, zigzags, spirals, triangles, or circles.

For dots, hold your hands over one spot, squeeze gently, then release the pressure and lift the bottle up and away.

For hearts, squeeze drops of fruit sauce onto a plate or a pool of another sauce. Draw a knife through the centers.

To marble, spoon small drops of sauce onto a pool of another sauce. Draw a knife through in a swirling motion.

For chevron stripes, squeeze the sauce in parallel lines onto a pool of another sauce. Draw a knife through the fruit sauce across the parallel lines at a right angle. Start from one direction for the first stroke, then bring the knife from the other direction for the second. Continue alternating, bringing the knife from the opposite direction for each stroke.

To blend a fruit sauce: In a blender container or food processor bowl, combine raspberries or peeled kiwi fruit with a little sugar. Cover; blend or process just till smooth. (If blended too much, the kiwi sauce can turn muddy.) If you like, press through a fine sieve to remove seeds.

To cook a citrus sauce: In a small saucepan stir together ¼ cup *sugar* and 1 tablespoon *cornstarch.* Stir in ½ teaspoon finely shredded *orange* or *lemon peel.* Add 1 cup *orange juice* or ¾ cup *water* and 2 tablespoons *lemon juice.* (Use same juice flavor as peel flavor.) Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat. Add 1 tablespoon *margarine* or *butter;* stir till melted. Cool about 30 minutes.



Chevron stripes of kiwi fruit sauce top a stirred custard sauce to embellish chocolate cake.



Raspberry sauce, marbled in citrus sauce, decorates a wedge of cheesecake.



Hearts of raspberry sauce surround a poached pear.

Getting A Little Tired Of The Salad Bar?



Have we got a whole new Lunchables® for you.

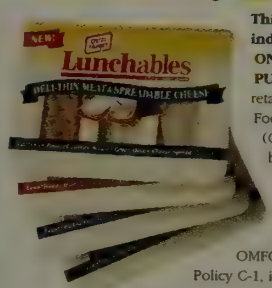
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Lunch will never be the same.®



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BREAD MACHINE MAGIC
Flick a switch for easy loaves

Slicing into a loaf of warm, just-baked bread is one of those simple pleasures that's hard to match. With a bread machine to do the mixing, kneading, and baking, even the busiest schedules allow for this old-fashioned luxury. The following specialty bread recipes work in all bread machines. Simply choose the size loaf that you want.



Let a bread machine do the mixing, kneading, and baking.

HAZELNUT-AMARETTO LOAF

Serve slices of this nutty sweet bread for breakfast, brunch, or an afternoon coffee break—

1-Pound	Ingredients	1½-Pound
2 cups	bread flour	3 cups
⅔ cup	milk	1 cup
½ cup	toasted chopped hazelnuts	¾ cup
1	egg	1
2 Tbsp.	sugar	3 Tbsp.
2 Tbsp.	margarine *or* butter	3 Tbsp.
4 tsp.	amaretto *or* hazelnut liqueur	2 Tbsp.
¾ tsp.	active dry yeast	1 tsp.
½ tsp.	salt	¾ tsp.
1 recipe	Amaretto Glaze	
	Toasted chopped hazelnuts *or* almonds (optional)	

Add flour, milk, the ½ or ¾ cup nuts, egg, sugar, margarine or butter, liqueur, yeast, and salt to the bread machine according to the manufacturer's directions. Bake and cool as directed. When bread is cool, drizzle with Amaretto Glaze. Makes 1 (1- or 1½-pound) loaf (16 or 24 servings).

Amaretto Glaze: In small mixing bowl combi ½ cup sifted *powdered su ar* and 1 tablespoon *am retto* or *hazelnut liqueur* ½ teaspoon *almond e tract.* If needed, add 1 t teaspoons *milk* to make drizzling consistency.

Nutrition facts per servi *133 cal., 4 g total fat (1 sat. fat), 14 mg chol., 93 m sodium, 19 g carbo., 1 g ber, 3 g pro. Daily Val 4% vit. A, 6% iron.*

SAGE WHEAT BREAD

Try this hearty bread for dinner or toasted for breakfast—

1-Pound	Ingredients	1½-Poun
1⅓ cups	whole wheat flour	2 cups
1 cup	milk	1⅓ cups
⅔ cup	bread flour	1 cup
¼ cup	cornmeal	⅓ cup
2 tsp.	brown sugar	1 Tbsp.
1½ tsp.	shortening	1 Tbsp.
1½ tsp.	snipped fresh sage *or* ¼ tsp. dried sage, crushed	2 tsp.
1 tsp.	active dry yeast	1 tsp.
½ tsp.	salt	¾ tsp.

Add whole wheat flour, milk, bread flour, comm brown sugar, shortening, sage, yeast, and salt to the br machine according to manufacturer's directions. Bak directed. Makes 1 (1- or 1½-pound) loaf (16 or 24 servin

Nutrition facts per serving: *76 cal., 1 g total fat (0 g sat. fa mg chol., 75 mg sodium, 14 g carbo., 2 g fiber, 3 g pro. D Value: 1% vit. A, 0% vit. C, 3% calcium, 5% iron.*

BREAD MACHINE BASICS

These helpful tips apply to all types of bread machines:

- **Bread flour, which is high in protein, works best for breads made in a bread machine. You can use other grains or flours in the bread flour but not in place of all of it. Some recipes also call for a small amount of gluten flour. These breads, especially those made with low-gluten flours (such as whole wheat flour), hold together.**
- **Add ingredients to the bread machine in the order specified by the directions in the owner's manual.**
- **To use powdered milk instead of fresh, add ⅓ cup nonfat dry milk powder for each 1 cup of water and add it with the flour. *Always use powdered milk when using the timer on your machine.***

BREAD MACHINE BOUNTY

These recipes come from the *Better Homes and Gardens*® Bre Machine Bounty cookbook. To or the book, call 800/678-2665. write to Better Homes and Gardens® Books, P.O. Box 10674, Moines, IA 50380-0674. By m each book costs $16.45 (includi shipping and handling). Also, lo for this book at local bookstore

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FOOD

FAVORITE BARBECUE SAUCE

Fire up the grill—it's prime barbecue season! Slather your next grilled roast, chops, or drumsticks with this bold, sweet, and pungent barbecue sauce. It's so good that readers who have misplaced their copy have asked for the recipe again and again since it was first published in *Better Homes and Gardens*® magazine in 1981.

DON'S FINEST BARBECUE SAUCE

You'll find this sauce equally scrumptious on a pork roast, as shown, beef or pork ribs, brisket, lamb chops, and poultry pieces—



SCOTT LITTLE

Give your barbecued meat powerhouse flavor with this orange-tinted sauce.

- ⅓ cup packed brown sugar
- 1 Tbsp. cornstarch
- 1 tsp. chili powder
- 1 8-oz. can tomato sauce
- ½ cup vinegar
- ½ cup catsup
- ½ cup dark corn syrup
- ¼ cup orange liqueur *or* orange juice

For the barbecue sauce, in a medi um saucepan stir together the packe brown sugar, cornstarch, and chi powder.

Stir the tomato sauce, vinegar, ca sup, and dark corn syrup into th brown sugar mixture in the saucepa Add ½ cup *water.* Bring the mixtu to boiling. Reduce the heat to low an simmer, uncovered, for 30 minute stirring occasionally.

Stir the orange liqueur or oran juice into the tomato sauce mixtur Return the mixture to boiling. Redu the heat. Simmer the sauce, unco ered, for 5 minutes more.

Baste the barbecue sauce over yo favorite meat or poultry about the l quarter of the grilling or broiling tim Heat through any additional sau and pass it to spoon over each servi Store any remaining barbecue sau covered, in the refrigerator. Ma about 3 cups.

Nutrition information per ¼ cup sauce: *cal. (0% from fat), 0 g fat, 0 mg ch 1 g pro., 34 g carbo., 0 g dietary fi 324 mg sodium.*

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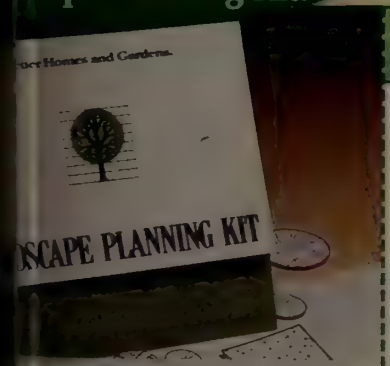
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PUCKER UP FOR PERKY LEMONADE

Ice-cold lemonade goes hand in hand with hot summer days and Fourth of July celebrations. Start with the recipe for Make-Ahead Lemonade Base and create three different frosty drinks—fizzy Lemon Sherbet Float, Strawberry-Lemonade Slush, and sparkling Tropical Lemon Iced Tea.

MAKE-AHEAD LEMONADE BASE

For a refreshing glass of old-fashioned lemonade, in a tall glass stir together ½ cup of the Make-Ahead Lemonade Base and ½ cup cold water. Add ice cubes and serve—

2½ cups water
1¼ cups sugar
½ tsp. finely shredded lemon peel
1¼ cups lemon juice

For sugar syrup, in a medium saucepan heat and stir water and sugar over medium heat till sugar is dissolved. Remove from heat and cool about 20 minutes.

Add lemon peel and lemon juice to the sugar syrup. Pour into a covered jar and chill. Store lemonade base in the refrigerator for up to 3 days. Use to make the Lemon Sherbet Float, the Strawberry-Lemonade Slush, or the Tropical Lemon Iced Tea. Makes about 5 cups lemonade base.

LEMON SHERBET FLOAT

Sippable sherbet with a sweet and tangy lemon taste—

For each serving, place 1 or 2 small scoops *lemon sherbet* in a tall glass. Pour ½ cup *Make-Ahead Lemonade Base* and ½ cup *carbonated water* over the sherbet. Sprinkle with fresh *raspberries* or *blueberries,* if desired. Serve immediately.

Nutrition facts per serving: *187 cal., 1 g total fat (1 g sat. fat), 5 mg chol., 35 mg sodium, 46 g carbo., 0 g fiber, 1 g pro. Daily Value: 2% vit. A, 26% vit. C, 5% calcium, 1% iron.*



Lemon Sherbet Float

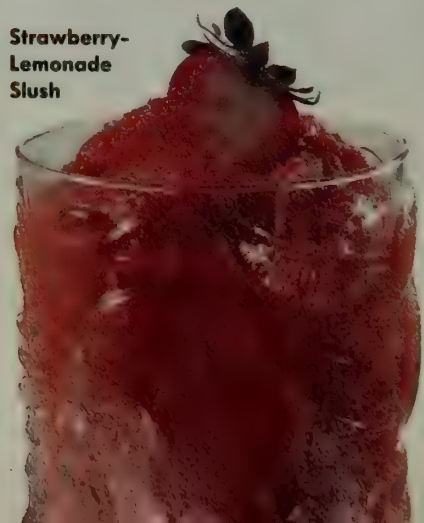
STRAWBERRY-LEMONADE SLUSH

Two summer-fresh tastes in one—

For each serving, in a blender container combine ½ cup *fresh* or *frozen unsweetened strawberries,* ⅓ cup *Make-Ahead Lemonade Base,* and 1 tablespoon *sugar.*

Blend till smooth. With blender running, add about 1 cup *ice cubes* one at a time, through opening in lid till strawberry mixture becomes slushy. Pour into a tall glass. Garnish slush with a *fresh strawberry half,* if desired. Serve immediately.

Nutrition facts per serving: *198 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 8 mg sodium, 53 g carbo., 2 g fiber, 1 g pro. Daily Value: 0% vit. A, 102% vit. C, 2% calcium, 2% iron.*



Strawberry-Lemonade Slush

TROPICAL LEMON ICED TEA

Iced tea never tasted so good—

For each serving, in a tall glass combine ¼ cup *Make-Ahead Lemonade Base,* ¼ cup *orange juice,* and 2 teaspoons *instant tea powder.* Add some *ice* and *half* of a 12-ounce can *lemon-lime carbonated beverage.* Garnish with an *orange wedge* or *lemon wedge,* if desired.

Nutrition facts per serving: *150 cal., 0 g total fat, 0 mg chol., 22 mg sodium, 39 g carbo., 1 g fiber, 0 g pro. Daily Value: 2% vit. A, 63% vit. C, 2% calcium, 2% iron.*



Tropical Lemon Iced Tea



Make it in honor of Uncle Sam.
Uncle Steve. Aunt Nina. Their Kids....

HOLIDAY JELL-O CLASSICS

merican Dessert

ing size) or 2 pkgs. (4-serving size)
nd Berry Blue Flavor Gelatin
ing size) or 2 pkgs. (4-serving size)
nd Gelatin, any red flavor
g water
vater
food or pound cake cubes
es) COOL WHIP® Whipped Topping,
strawberries

DISSOLVE each flavor of gelatin completely in 2 cups boiling water in separate bowls. Stir 1 cup cold water into each. Pour into separate 13" x 9" pans. Refrigerate 3 hours or until firm. Cut into 1/2" cubes.

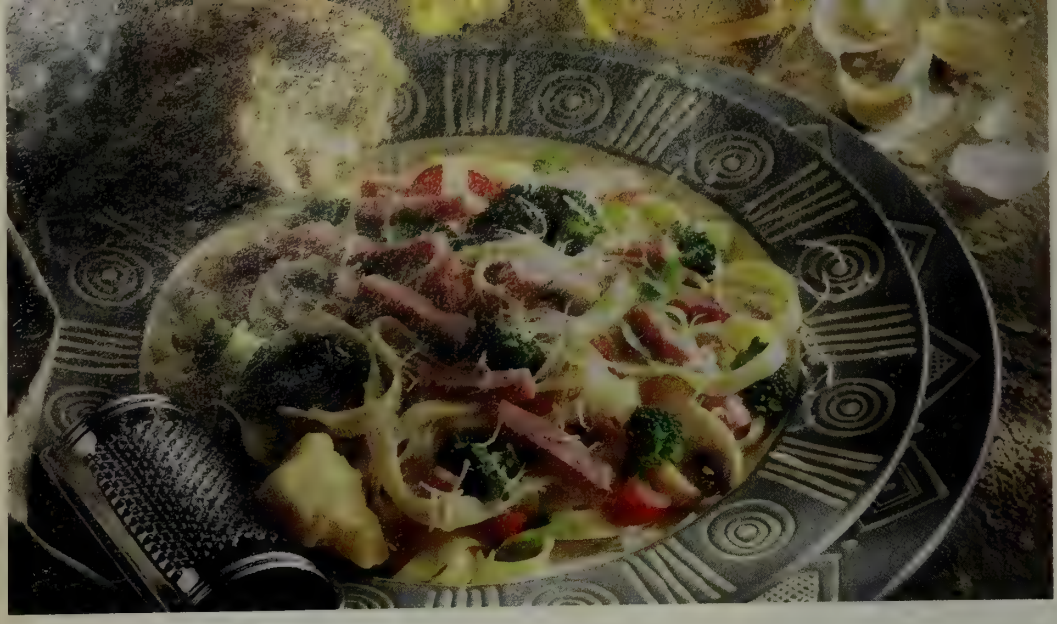
LAYER gelatin cubes, whipped topping, cake and strawberries in 3-quart serving bowl as pictured. Garnish with remaining whipped topping and Jell-O® Star Jigglers™ (optional). Refrigerate until ready to serve. Serves 12-16.

To prepare with Jell-O® Brand Sugar Free Gelatin: Use 1 pkg. (8-serving size) or 2 pkgs. (4-serving size) any red flavor with 2 cups boiling water and 1 cup cold water. Substitute 2 cups fresh blueberries for the Berry Blue Gelatin. Use angel food or nonfat pound cake and COOL WHIP Lite™ Whipped Topping.





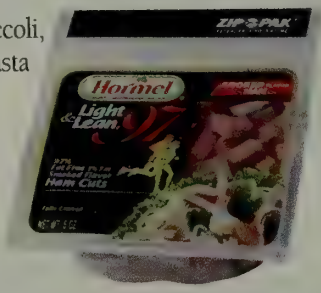
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THE SHORT CUT TO SMART PASTA.

Delicious Light & Lean® 97 ham cuts, the fresh taste of broccoli, mushrooms and bell pepper, all served over your favorite pasta with a touch of basil and grated Parmesan. A satisfying and delicious meal with only 15% of calories from fat.

CALORIES 448 / FAT 8g / CHOLESTEROL 23 mg / SODIUM 729 mg



Hormel Foods



THE SHORT CUT TO A SMART LUNCH.

Delicious Light & Lean® 97 smoked turkey or ham cuts wrapped up in a tortilla with low fat cheese, a bit of light sour cream, shredded lettuce and tomato. Here's a quick and satisfying lunch for kids and grownups alike with just 28% of calories from fat.

CALORIES 214 / FAT 7g / CHOLESTEROL 33 mg / SODIUM 615 mg



Hormel Foods

PLUM CATSUP Deliciously different

Catsup isn't just kid stuff! Th deliciously different catsup, ma with abundant summer plums, a peals to both adults and youngste Serve this fruity catsup as you wou the familiar tomato catsup—on bu gers, meats, poultry, and sandwiche

PLUM CATSUP

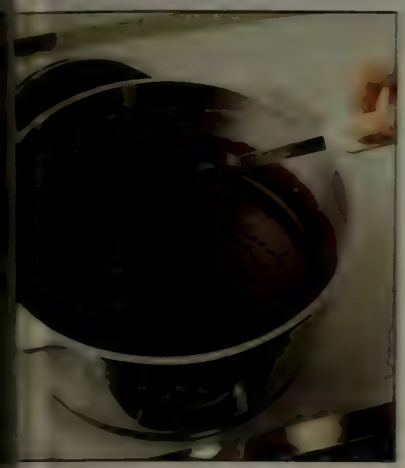
The skin of red plums gives this cats its deep russet color—

- **9 cups coarsely chopped, pitted red plums (about 16 plums)**
- **1 medium onion, chopped**
- **1 tsp. finely shredded orange peel**
- **½ cup water**
- **1½ cups sugar**
- **⅔ cup vinegar**
- **1½ tsp. ground cinnamon**
- **1 tsp. salt**
- **1 tsp. celery seed**
- **1 tsp. ground allspice**



Spice up the taste of your next sandwi by spooning on a sassy new condimen plum catsup.

a 4-quart Dutch oven combine
eled plums, onion, orange peel,
water. Bring to boiling; reduce
. Cover; simmer about 10 minutes
ll plums are very tender. Place
of the mixture in a blender



er the plum mixture till it is similar consistency of tomato catsup, or 20 minutes.

ainer. Cover; blend till smooth.
eat with remaining mixture. Push
ure through a sieve.
the same Dutch oven stir togeth-
um puree, sugar, vinegar, salt,
easonings. Bring to boiling. Boil
y, uncovered, about 20 minutes
ll mixture is the consistency of
to catsup, stirring occasionally.
ove from heat. Ladle mixture
ot half-pint canning jars, leaving
ch headspace. Adjust lids. Pro-
ars in a boiling water bath for 15
tes (start timing when water
. Makes 6 half-pints.

rition facts per tablespoon: 21 cal., 0 0 mg chol., 5 g carbo., 22 mg m., 0 g pro.

NING TIPS

sh jars in hot sudsy water; thoroughly. Pour boiling wa- ver jars; let stand till needed. fill, place the jars on a towel event slipping and to catch pills.

canner half full of water; heat high heat. Set filled jars into r. Add hot water (1 inch over Process.

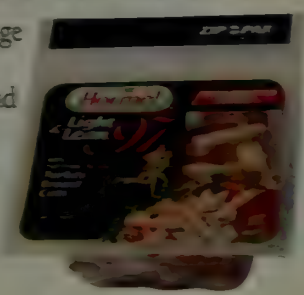
ce jars on a dish towel to cool. er jars cool, press the center ch lid to check the seal. The jar led if the dip in the lid holds. lid bounces up and down, it ealed. (Reprocess the contents a clean jar and a new lid.)



THE SHORT CUT TO A SMART SALAD.

Light & Lean® 97 oven roast turkey, red leaf lettuce, orange sections, a bit of red onion and a zesty orange-vinaigrette dressing. That's all it takes to make a salad that's healthy and satisfying with just 18% of calories from fat.

CALORIES 99 / FAT 2g / CHOLESTEROL 8 mg / SODIUM 241 mg

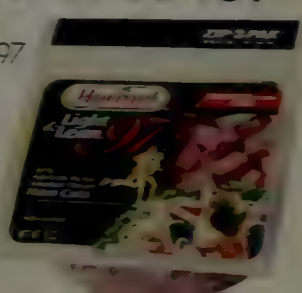


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After all these years there's only one thing wr with Mrs. Krane's Maytag: it's still avocad

It's not often we report that people have problems with our washers, but Mrs. Kathy Krane of Western Springs, Illinois, is an exception. In all the time she's had her Maytag washer, she's only had one repair. The fact is, her washer shows no signs of giving out any time soon. And that's just the problem, because it's avocado. Mrs. Krane didn't choose the color, her washer was a gift. Besides, back in the '70s, avocado was very popular. She always figured in ten, maybe twelve years, she'd have to replace it. Then she'd be able to choos a new color. Sorry, Mrs. Krane, but this isn't just any old avocado washer, it's a Maytag. We can't promise that ever Maytag washer will last this long, but all our washers are built to last longer and need fewer repairs. In her lett Mrs. Krane included some advice for anyone looking for a new washer: mak it a Maytag. Better still, she suggests, just make it a plain white Maytag.

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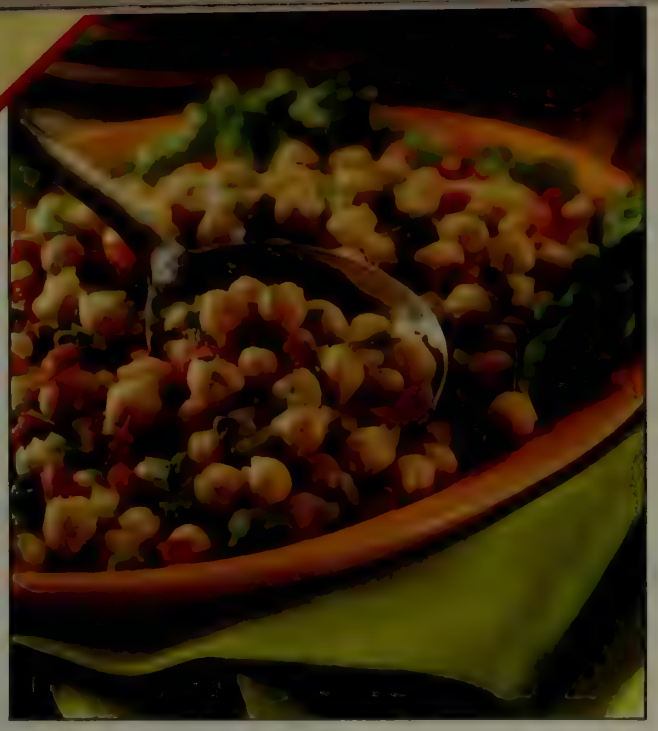
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See Page 171 For Details

PRIZE TESTED RECIPES®

BEAN SALADS

File under Salads & Dressings
July, 1993



$200 WINNER *Karen Kaleta Johnson, Franklin, N.C.*

GARBANZO BEAN AND SWEET PEPPER SALAD

A light mint and lemon dressing complements this summer-fresh vegetable combo. Tote it to your next potluck picnic, and watch it go fast—

- **2 medium red sweet peppers *or* one 7-oz. jar roasted red sweet peppers, drained and chopped**
- **4 cups cooked garbanzo beans (about 1½ cups dry) *or* two 15-oz. cans garbanzo beans, rinsed and drained**
- **½ cup sliced green onion**
- **½ cup finely chopped celery**
- **2 Tbsp. capers, drained**
- **1 clove garlic, minced**
- **3 Tbsp. snipped fresh mint *or* 1½ tsp. dried mint, crushed**
- **3 Tbsp. olive oil *or* salad oil**
- **3 Tbsp. lemon juice *or* vinegar**
- **⅛ tsp. salt**
- **⅛ tsp. pepper**
- **Lettuce leaves (optional)**

To roast fresh sweet peppers, halve, then remove stems, membranes, and seeds. Place pepper halves, cut side down, on a foil-lined baking sheet. Bake in a 425° oven for 20 to 25 minutes or till skin is bubbly and dark. Place peppers in a clean paper bag; close bag and let stand for 20 minutes or till cool enough to handle. With a knife, pull off skin gently and slowly. Chop roasted peppers.

In a large bowl combine sweet peppers, cooked or canned beans, green onion, celery, and capers. In a screw-top jar combine garlic, mint, oil, lemon juice or vinegar, salt, and pepper; cover and shake well. Pour over bean mixture. Toss to coat. Cover and chill 4 to 24 hours. To serve, line a serving platter with lettuce leaves, if desired. Spoon bean

g here and file punched pages in your *New Cook Book*.

PRIZE TESTED RECIPES®

RASPBERRY DESSERTS

File under Desserts
July, 1993



$200 WINNER *Audrey Thibodeau, Fountain Hills, Ariz.*

RASPBERRY SUMMER DELIGHT

What makes this recipe such a delight? It's a simple, wonderful, and light way to enjoy fresh raspberries—

- **2 beaten egg yolks**
- **¼ cup water**
- **3 Tbsp. sugar**
- **2 tsp. lemon juice**
- **1 8-oz. carton vanilla yogurt**
- **1 tsp. finely shredded lemon peel**
- **2 cups fresh raspberries**
- **Fresh raspberries (optional)**
- **Fresh mint leaves (optional)**

In a small heavy saucepan combine egg yolks, water, sugar, and lemon juice. Cook and stir over medium heat till mixture just comes to boiling. Cool mixture to room temperature quickly by placing pan in a sink or bowl of ice water, stirring constantly.

In a small bowl combine yogurt and lemon peel; stir in cooled yolk mixture. Cover; chill 4 to 24 hours. To serve, divide berries among 4 dessert dishes or wine glasses. Spoon yogurt mixture atop. Garnish with additional raspberries and fresh mint, if desired. Makes 4 servings.

Nutrition facts per serving: *154 cal., 4 g total fat (1 g sat. fat), 110 mg chol., 44 mg sodium, 26 g carbo., 3 g fiber, 5 g pro. Daily Value: 7% vit. A, 29% vit. C, 14% calcium.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

RASPBERRY DESSERTS

File under Desserts
July, 1993



$100 WINNER *Gene Sparks, La Pine, Oreg.*

RASPBERRY CHEESECAKE

This recipe is everything a cheesecake should be: creamy, creamy, and more creamy. Raspberry yogurt and berry liqueur inside make the winning difference—

- **1 cup finely crushed graham crackers (about 14 crackers)**
- **¼ cup finely chopped almonds**
- **¾ cup sugar**
- **4 Tbsp. all-purpose flour**
- **2 Tbsp. margarine *or* butter, melted**
- **3 8-oz. pkg. cream cheese, softened**
- **¼ cup raspberry liqueur**
- **1 Tbsp. vanilla**
- **2 eggs**
- **1 8-oz. container plain yogurt *or* raspberry yogurt**
- **1 8-oz. container raspberry yogurt**
- **Fresh raspberries *and/or* blackberries**
- **Sifted powdered sugar (optional)**

For crust, combine cracker crumbs, almonds, *¼ cup* of the sugar, *2 tablespoons* of the flour, and margarine or butter. Press onto the bottom of a 9-inch springform pan. In a medium mixer bowl combine the remaining ½ cup sugar, remaining flour, the cream cheese, liqueur, and vanilla. Beat with an electric mixer till fluffy. Add eggs and yogurt, beating on low speed just till combined. (Do not overbeat.) Pour into pan. Place pan on a shallow baking pan in oven. Bake in a 375° oven for 50 to 55 minutes or till center appears nearly set when gently shaken. Cool 15 minutes. Loosen cake from

dered sugar, if desired. Serves 12.

Clip along here and file punched pages in your *New*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

BEAN SALADS

File under Salads & Dressings
July, 1993



$100 WINNER *Joanna Manoogian, San Francisco, Calif.*

KIDNEY BEAN AND RICE SALAD

Backyard barbecues on hot summer days call for cool salads such as this one—

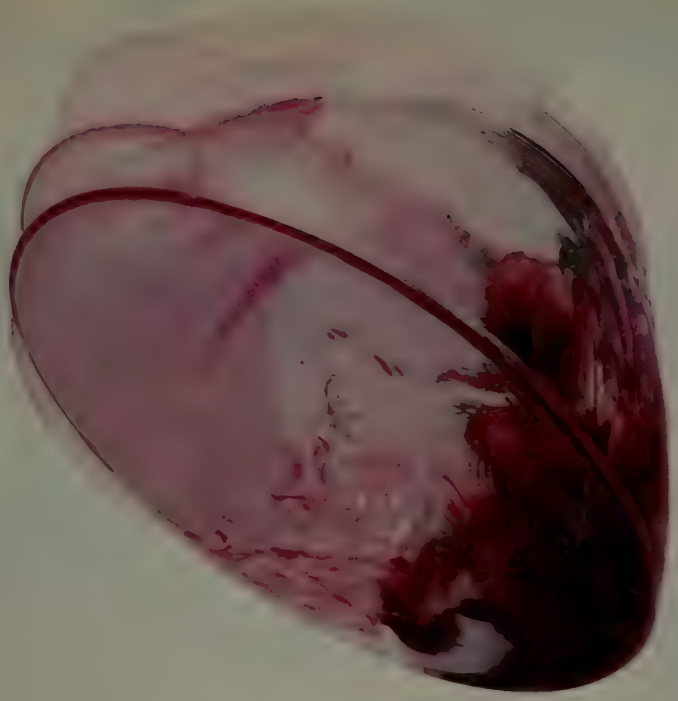
- **2 cups cooked long grain rice, chilled (about ¾ cup uncooked)**
- **1 15½-oz. can red kidney beans, rinsed and drained**
- **1 medium green apple (such as Granny Smith *or* Golden Delicious), cored and cut into julienne strips**
- **1 medium avocado, seeded, peeled, and chopped (about 1 cup)**
- **½ cup chopped red sweet pepper**
- **⅓ cup chopped white *or* red onion**
- **¼ cup snipped fresh parsley**
- **¼ cup bottled Thousand Island salad dressing**
- **2 Tbsp. olive oil *or* salad oil**
- **4 tsp. lemon juice**
- **1 Tbsp. vinegar**
- **1 tsp. prepared mustard**
- **Salt and pepper**

In large mixing bowl combine the rice, beans, apple, avocado, sweet pepper, onion, and parsley. In small bowl stir together bottled dressing, oil, lemon juice, vinegar, mustard, and salt and pepper to taste. Pour over salad; toss gently to coat. Cover and chill for 1 to 2 hours. Makes 8 side-dish servings.

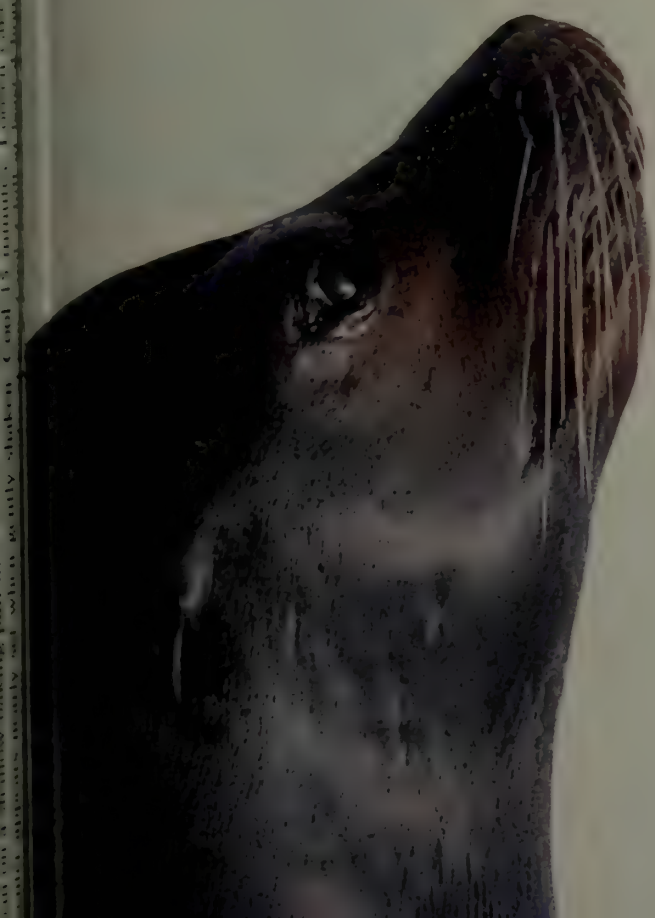
Nutrition facts per serving: *221 cal., 10 g total fat (2 g sat. fat), 2 mg chol., 171 mg sodium, 30 g carbo., 5 g fiber, 6 g pro. Daily Value: 13% vit. A, 30% vit. C, 4% calcium, 12% iron.*

Photographs: Scott Little

ark of The Dow Chemical Company © R.M.C. 1993



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great taste, too. How'd we do it? That's our Pop Secret. Tr
Pop Secret By Request. Perfect Popcorn Is Our Pass

GOOD-FOR-YOU PESTO FROM FRESH BASIL



For an easy appetizer, spread pesto o toasted French bread.

With summer sunshine comes garden-fresh basil, a favorite herb used to make pesto. Pesto is an Italian specialty made from fresh basil, nuts, olive oil, and garlic. With this lower-fat version (we cut the oil in half), you can slather it on sandwiches, stir it into mashed potatoes, or toss it with pasta with no regrets.

LOWER-FAT PESTO

Besides basil, this pesto contains spinach for a nice blend of flavors—

- **1 cup firmly packed fresh basil leaves**
- **½ cup torn fresh spinach leaves**
- **¼ cup grated Parmesan *or* Romano cheese**
- **¼ cup pine nuts, walnuts, *or* almonds**
- **2 cloves garlic, quartered**
- **2 Tbsp. olive oil *or* cooking oil**

In a blender container or food processor bowl combine basil, spinach, cheese, nuts, garlic, and ¼ teaspoon *salt.* Cover; blend or process with several on-off turns till a paste forms, stopping the machine several times and scraping sides.

With the machine running slowly, gradually add the oil and 2 tablespoons *water* and blend or process to the consistency of soft butter. Tran to a storage container. Cover; refri ate up to 2 days or freeze up t month. Makes ¾ cup.

Spinach Pesto: Prepare pesto as rected *except* substitute fresh t spinach for all of the fresh basil add 1 teaspoon *dried basil,* crushe

Nutrition facts per tablespoon: *29 ca g total fat, 2 mg chol., 43 mg sod 1g carbo., 0 g fiber, 2 g pro.*

WIN MONEY AND PRIZES

IN THE BETTER HOMES AND GARDENS®
PRIZE TESTED RECIPES® CONTEST!

TWO $200 WINNERS • TWO $100 WINNERS
SIX HONOR ROLLS
ALL WINNERS RECEIVE WEST BEND SLOW COOKERS

ow would you like to win cash or products for your home? nd your original recipes to our Prize Tested Recipes Con- t. Each month, we ask you to send us recipes that fit the o recipe categories. Then, seven months later, we feature e four top recipes on the Prize Tested Recipes pages.

THIS MONTH'S WINNERS

(see pages 167 and 168)

ll winners received RUBBERMAID dinnerware.

00 Winners: Karen Kaleta Johnson, *Franklin, N.C.* drey Thibodeau, *Fountain Hills, Ariz.*

00 Winners: Gene Sparks, *La Pine, Oreg.* anna Manoogian, *San Francisco, Calif.*

nor Roll Winners: Jean Cox, *Denver, Colo.;* Jean ajkowski, *Ellsworth, Wis.;* Silvia Kersh, *Pleasan- n, Calif.;* Linda Morten, *Katy, Tex.;* Sherre L. renko, *Cypress, Calif.;* Brenda K. Zacharias, ville, *Ohio*

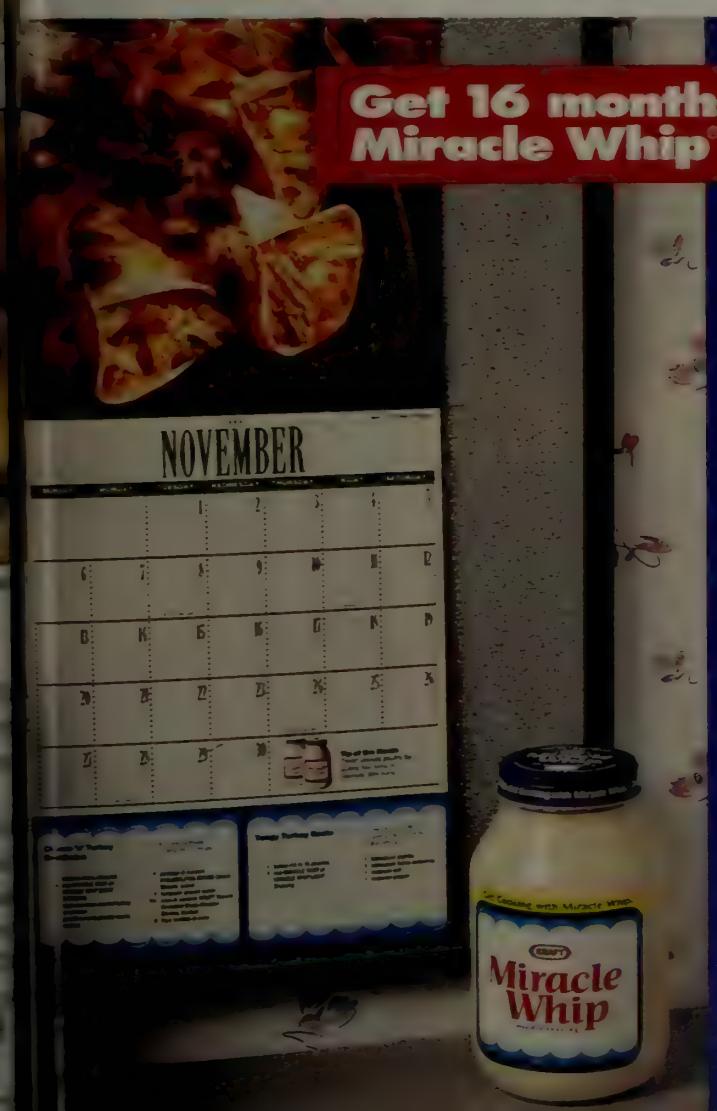
HINTS FOR THIS MONTH'S CATEGORIES

Favorite Vegetable Ideas: How does your family eat their veggies? Do you enjoy delicious salads, potluck casseroles, or vegetarian meals? Send us your best ideas for using any fresh, frozen, or canned vegetable.

Decadent Desserts: When calories don't count, what's your ultimate splurge dessert? Something chocolate? Or, is it a luscious pie, torte, or pastry? Creativity counts. Simplicity is a plus.

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, print your name, address, and recipe marked "February Favorite Vegetable Ideas" or "February Decadent Desserts." Specify brands and recipe origin. **3.** Address recipes to 9402 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. **4.** Postmark all entries by July 31, 1993. **5.** Winners will be selected about 60 days later, then notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes. BH&G



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CORN RELISH WITH A CARIBBEAN ACCENT

This spiced relish captures the sweetness of corn in a jar. Whether you savor it yourself or give it as a gift, it accents barbecued fish, chicken, baked ham, or salad greens perfectly.

CARIBBEAN-STYLE CORN RELISH

Ginger, lime, jicama, and sweet pepper give this relish its Caribbean flavor—

8 medium fresh ears of corn *or* 4 cups frozen corn
1½ cups chopped red *or* green sweet pepper
1 cup chopped onion
1 cup chopped jicama
¾ cup sugar
⅔ cup vinegar
1 tsp. finely shredded lime peel
⅓ cup lime juice
1 tsp. celery seed
¾ tsp. ground ginger
½ tsp. crushed red pepper
2 Tbsp. cornstarch

To prepare fresh corn, remove husks and silks from corn. Scrub with a stiff brush to remove silks; rinse. Cut kernels from cob (see photo 1).

In a large saucepan combine fresh or frozen corn kernels and 1 cup *water.* Bring to boiling; reduce heat. Simmer, covered, about 12 minutes or till corn is nearly tender. Add sweet pepper, onion, jicama, sugar, vinegar, lime peel, lime juice, celery seed, ginger, red pepper, and 1 teaspoon *salt.* Simmer, uncovered, 5 minutes.

Stir cornstarch into ¼ cup *cold water.* Add to corn mixture. Cook and stir till thickened and bubbly; cook and stir for 2 minutes more.

Spoon the relish loosely into clean, half-pint jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids. Process in a boiling water bath 15 minutes (start timing when water boils). Makes 6 half-pints (24 servings).

Nutrition information per ¼ cup serving: *56 cal., 0 g fat, 1 g pro., 14 g carbo., and 94 mg sodium.*



1 Using a sharp knife, cut kernels from the cob with a downward sawing motion. Do not cut the cob.



2 Spoon or ladle relish into clean, hot j leaving a ½-inch headspace. Use a large-mouth funnel to help make filling the jars easier.



3 Wipe off any relish from the rim of the jar with a wet paper towel to ensure proper sealing.



4 Follow package directions for prep the metal sealing lids. Place each lid the rubber ring rests on the rim. Scre metal bands.



5 Add about 4 to 5 inches of water to a water-bath canner or other large kettle with a tight-fitting lid. Heat the water. Using a jar lifter or long-handled tongs, place the sealed jars on the canner rack.



6 Add hot water to the canner until inches above the tops of the jars. C the canner with a tight lid and heat water till it bubbles over entire surf Start timing when the water boils.

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HOW TO ORDER

The price for a complete set (chair, rocker, footrest and table) is $25. Any two plans (footrest and table count as one) are $18. One project plan is $9.95. Please specify the name of the plan you want on the lower left corner of your check or money order and send it to:

Better Homes and Gardens®
Project Plan Sales
P.O. Box 9255
Dept. BH4
Des Moines, IA 50306 BH&G

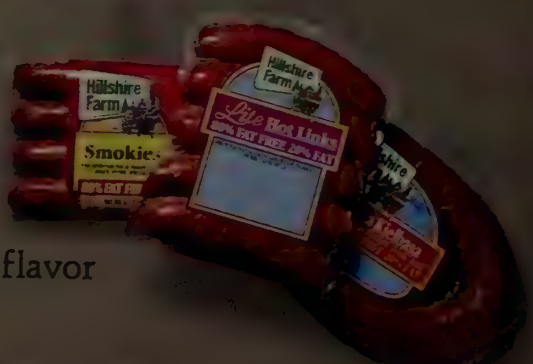


Rock out in style with this novel twist the old classic.



The Only Lite Sausage That's Smoked For Hours, Grilled For Minutes, And Worthy Of Seconds.

The last thing you want to do on a hot day is stand over a grill. With Hillshire Farm Lite Smoked Sausages, you don't have to. They're fully cooked, so the grilling is easy—they go from grill to bun in about 4 minutes. With varieties like CheddarWurst and Hot Links, they're a delicious change of pace. And their burst of hearty smoked flavor will have everyone asking for more.



Taste The Difference When It Comes From Hillshire Farm.

NEW-CAR LEASING
Today's deals could save you money

Leasing once was considered the private domain of businesses and the wealthy. Today, it has become a practical alternative for many new-car and new-truck buyers, and the competition is fierce. That can mean good deals for consumers. You'll also find faster approval for both leases and loans than in past years. As with any acquisition, shop several alternatives before signing on the dotted line.

How leasing works. When you buy a car the conventional way, you contract to pay its cost over a specific period of time, typically from two to five years. You pay back the entire cost of the car, less any down payment, plus interest charges on the amount financed.

When you lease, you also agree to make monthly payments for a specified time. The big difference: instead of paying back the entire cost of the car, you pay only for what you "use."

Costs. Lease payments are based on the difference between the car's price new and the car's anticipated value—the residual—at the end of the lease. The residual is subtracted from the new price, then that number is divided evenly among the months in the contract. Cost-of-money charges and other expenses are added to come up with a monthly payment. (See chart, *above.*) There is also a refundable deposit of about one payment when the lease begins.

Under most leases, you are responsible for all maintenance, repairs, licensing, and insurance. If you return a car that is not in good shape, you may have to pay for repairs. Extra miles driven—typically, above 15,000 a year—are charged for, from eight to 15 cents per mile.

Purchase option. Many leases include an option to buy the car for the residual price—the guaranteed purchase price in the chart—set when you arrange the lease. The dealer will refinance at current used-car rates. You may even make a profit if you sell: Many cars and trucks these days are going for more than their residuals.



JIM KASCOUTAS

LEASE OR BUY?

Numbers are based on a 4-door sedan selling for $16,223. Payments are figured for 5-year period. Lease ends in 3 years. Details will vary by model, dealer, term, and financial source.

	Lease*	Finance**
Payment/mo.	$315	$344

**no down payment; includes $450 acquisition fee and $18/mo. tax*

***includes $1,000 down payment, paid by rebate, plus $973 tax (6%) up front*

Difference in monthly payments: $29

Total difference, 36 months: $1,053

THREE YEARS LATER

Finance: 24 remaining payments: $8,259

Lease: Guaranteed purchase price: $8,250

(Lease contract is paid in full; customer may buy the vehicle at this price and keep it or sell it, or return it to the lessor.)

Source: GMAC Financial Services

ADVANTAGES

● **Lower monthly payments.** For many, this is the biggest plus. Depending on the vehicle and length of lease, you could save 5 or 10 percent or more compared to regular financing. Note payment compariso on our chart, based on a sedan selli for $16,223. Generally, the longer t lease and financing period, the wid the payment spread.

● **Shorter term.** Most manufacti ers' warranties run for three years 36,000 miles, whichever comes fi That covers typical leases, unless y drive more than 36,000 miles bef the contract ends.

● **Low up-front costs.** Most leases quire no down payment. Regular nancing usually does, although ma people use rebates to cover t amount, as in our example. Rebate trade-ins won't *always* cover the do payment, however. *Note:* The requi down payments that may run in l ing ads are usually necessary onl make low monthly payments possi

When you buy, you must pay whole sales tax up front. With a le you pay some sales tax each mo and only on the amount of the p ment. (Some states now require whole sales tax when the lease sta

Lower up-front costs often appeal to buyers who d want to dip into savings or don't have the savings, don't have a trade-in or sufficient rebate available f down payment, or who would have trouble qualifying conventional loan. Leasing may allow you to order hig cost options or to afford a more expensive model.

● **Guaranteed value.** If you like to get a new car every or three years, a lease makes it possible for reduced mo payments. If you're one of those folks who routinel nances a car for four or five years with the idea of tradi in after two or three, you may find that strategy risky, today's rapidly changing technology and tastes. Th could be worth far less after two or three years than a pated. If the car is worth more than the guaranteed v you can buy it for that amount and sell for a profit.

DISADVANTAGES

There aren't many, unless you're determined to own own car, require it for use as a down payment, or inte keep it for many years. *Tip:* Ask about gap insuran cover all lease payments should you total the car. financial sources, but not all, include this in the deal.

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For more information, call 1-800-4A-BUICK. Or see your Buick dealer and test-drive a new Skylark Custom today.

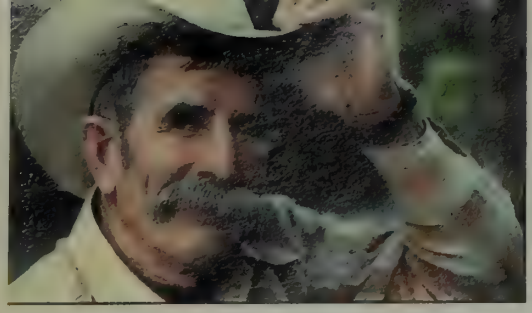
Either way, you'll discover a car whose qualities are very attractive indeed.

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The New Symbol For Quality In America.



driving *Big Sky* country

BY LOIS ANNE NAYLOR

MONTANA sprawls across the western U.S. like a state gone land hungry when everyone else was out to lunch. Known as Big Sky Country because of its vast expanse of plains, mountains, and national forests under a seemingly endless sky, Montana divides itself into six vacation regions. People with plenty of time can drive the entire state. If you're on a tighter schedule, you might want to concentrate on a single section for your trip—Glacier Country.

continued on page 180



Glacier Park has 650 lakes, including Grinnell Lake.

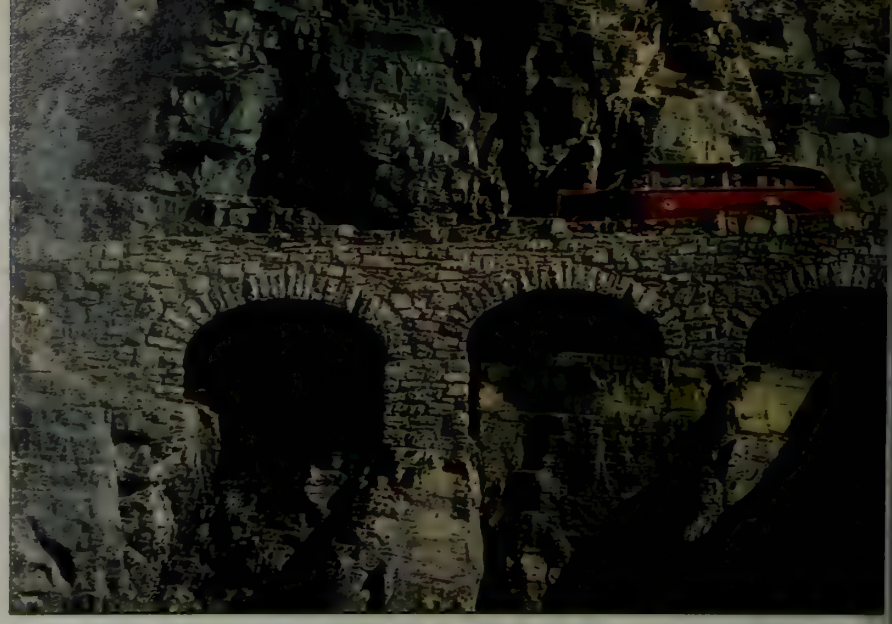
You can often see mountain goats up close near the Logan Pass Visitor Center at Glacier Park.




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LEVER
ONLY KILLS GERMS IT HELPS KEEP GERMS FROM COMING BACK.
LIQUID LEVER 2000 FOR ALL YOUR 2000 PARTS.

Big Sky

continued from page 178



Jammer tours let you concentrate on the scenery along Glacier's Going-to-the-Sun Roc These arches helped earn the road a spot on the National Register of Historic Places.

You'll find Glacier Country in the ruggedly individual northwestern region of Montana.

Named for its most famous feature, Glacier National Park, Glacier Country stretches from the Canadian border in the north through the Flathead Lake recreation area and Missoula into the Bitterroot Mountains. Blessed with sky-piercing mountains, clear blue lakes, and national forests so abundant that you have to read the signs to know where one ends and another begins, Glacier Country offers a scenic setting for a driving vacation. But you won't want to hug your steering wheel the entire time you're in the Big Sky State—Glacier Country provides plenty of recreational diversions as well.



Montana offers chances to see bears in the wild.

Glacier National Park serves as a microcosm of Montana's majesty. You can view and enjoy much of the state's sweeping beauty in this park that extends into Canada under the name Waterton Lakes National Park. More than 650 lakes and 175 mountains vie for your attention. Fifty active glaciers work their subtle changes on the landscape. You can often see mountain goats scampering along the sheer rock face of an alpine slope. Moose, bear, bighorn sheep, gray wolves, and elk prowl Glacier's one million acres. Bald eagles rule the skies.

But Glacier is more than just another pretty place. Thousands of miles of prime trout rivers run through it. More than 700 miles of hiking and horseback riding trails lace this national park, fourth largest in the lower 48. You can boat and bike in the summer and ski and snowshoe in the winter.

Going-to-the-Sun Road, one of the loveliest drives in the U.S., commands a spot on the National Register of Historic Places. The narrow highway, barely wide enough for two vehicles to edge past each other, winds its scenic way up from the west entrance of the park near **West Glacier** to the east entrance by **St. Mary.** Your eyes rise from forests to snow-covered peaks, then drop to lush valleys. As you twist your way higher, you can look over cliffs to see the sliver of road you left behind. Melting snow in spring and early summer turns waterfalls into cascading streams. Engineering surprises add to the road's uniqueness. A set of triple arches serves as a retaining wall, and a pair of arched windows in a tunnel lets you glimpse Heaven's Peak. Plan to spend between an hour and a half and three hours trav ing the 50 miles. You can make a day of it by stopping hike or enjoy a picnic lunch.

A **jammer tour** offers the most relaxing way to experie Going-to-the-Sun. The 1930s-era buses earned their n name from the sound of drivers jamming the gears in t old standard transmission vehicles. Today, jammers ha the steep grades fine, but you may smell brakes as visi try to control their vehicles on the steep downgrades.

The bright red jammers creak and rattle while t bounce along. As the day warms, your driver-guide will back the canvas top, giving you spectacular views. Up t passengers, cameras slung about their necks, pop through the roof of the jammer like prairie dogs peeking of their holes.

Knowledgeable guides add to your journey. Your d can name landmarks, such as Garden Wall, Bird Wo Falls, and Bishop's Cap; explain why Medicine L doesn't have the characteristic green color of the o lakes; and tell you Indian legends associated with the p

Logan Pass Visitor Center marks the road's mid point. Take a break to walk 1½ miles to **Hidden L Overlook.** During summer, colorful Indian thistle and monkey flowers carpet the meadows. Mountain goats gambol within camera range. A three-quarter mile takes you to the aquamarine lake ringed by mountains

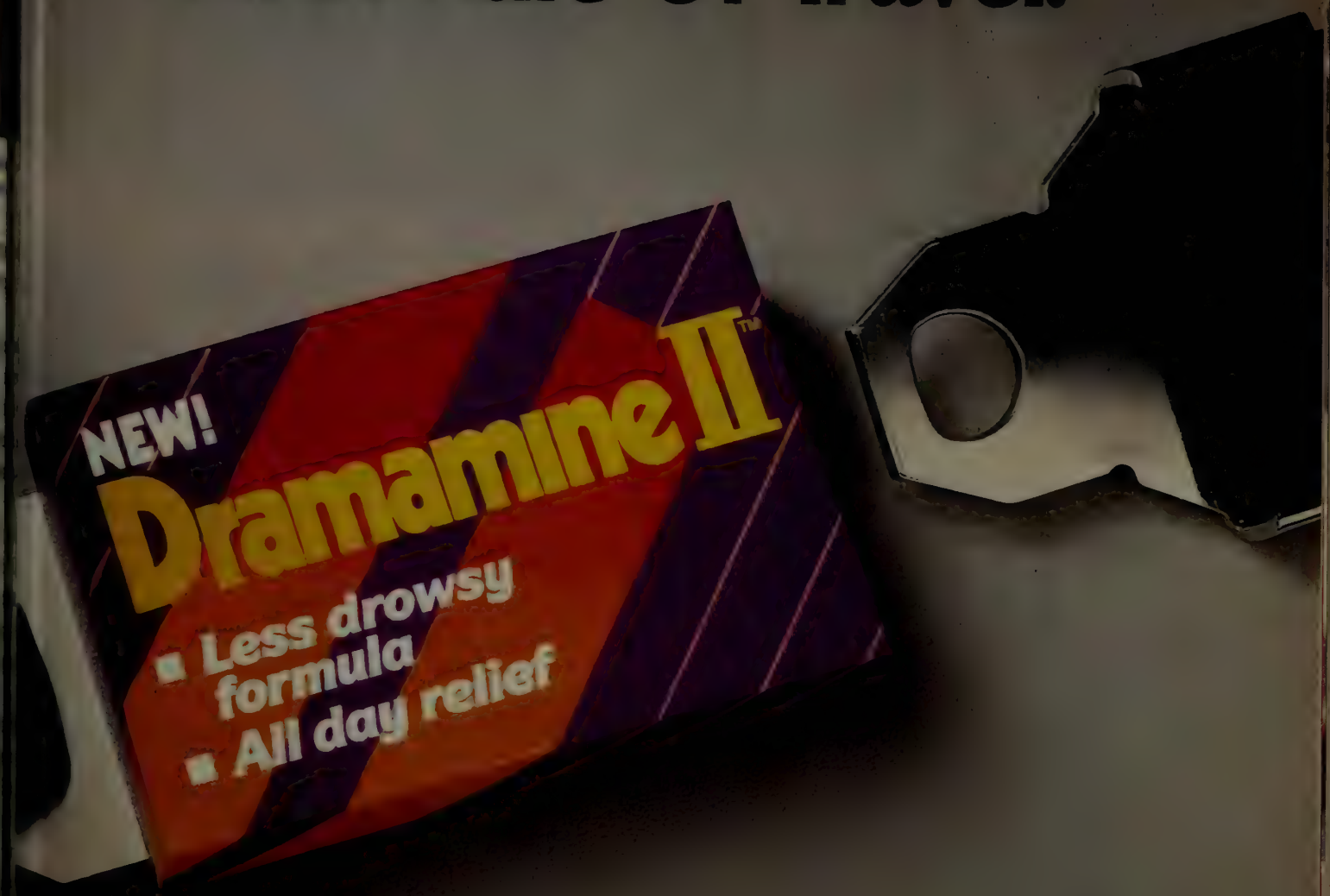
Because Logan Pass straddles the **Continental Di** vegetation changes when you continue to St. Mary. We red cedar, hemlock, birch, and larch trees forest the we slopes while aspens dominate the eastern forests.

Going-to-the-Sun is a fair-weather road, normally from about June to mid-October. Winter often burie highway under 50 or 60 feet of snow.

A full-day jammer tour from Lake McDonald Lod Many Glacier costs $42.75; half-day to Logan Pass available. Lake excursions (from $6.50), helicopter (from $85), and trail rides (from $14), offer different v

continued on pag

First Rule Of Travel.



For years, travelers have looked to Dramamine® first for the prevention of motion sickness. Now, there's new Dramamine II, a less drowsy, longer lasting formula. So whether it's Original formula, Children's or new Dramamine II – remember the first rule of travel. Remember Dramamine.



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Big Sky

continued from page 180

Lodgings. If you'd like to stay overnight in the park, you can choose from several historical hotels and hunting lodges—some with cabins—and smaller inns ($39–$158). Reserve through a travel agent or call *406/226-5551; 602/207-6000* mid-October–April 28. Since Glacier doesn't accept campground reservations, sites fill early. Private campgrounds outside the park provide additional services.

Warning: Construction on Going-to-the-Sun Road in 1993 may create worse traffic slowdowns than usual. Because of traffic and narrowness of the road, the park now restricts the size of vehicles. Maximum RV dimensions on the 28-mile stretch between Avalanche Campground and Sun Point for summer 1993 are 24 feet long by 8 feet wide, including mirrors. In 1994: 20 feet long and 7½ feet wide.

Park information, not accommodations: Glacier National Park, Dept. BHG, West Glacier, MT 59936; 406/888-5441.

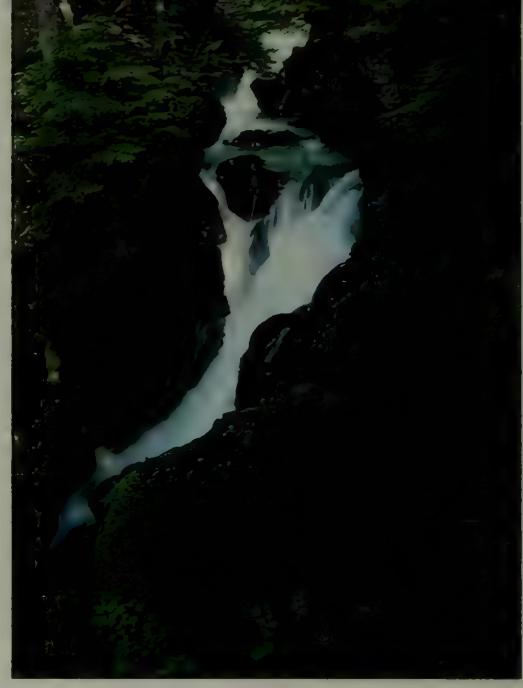
Flathead Lake, southwest of Glacier Park, offers myriad recreational opportunities. You can rent boats, launch your own, or take a cruise. Anglers reel in trout and salmon. Raft trips start in the area, and you can golf or visit a wildlife refuge. Small communities ring Flathead Lake, the largest freshwater lake west of the Mississippi. Big Fork provides the closest access from Glacier; Polson is at the southern tip.

At the southern end of the Flathead Valley, the **National Bison Range** in **Moiese** turns back the calendar to the days when buffalo roamed freely. About 300 to 500 of the magnificent beasts wander the almost 19,000 acres. The Red Sleep Mountain Scenic Drive takes you through the heart of the wildlife refuge. For best viewing, go early in the day.

Order a "tourist special" at the nearby Bison Inn Cafe in Ravalli—a buffalo burger and huckleberry milk shake.

The red-brick **St. Ignatius Mission** and its bell tower seemed like a cathedral when they were built in 1891.

More Glacier Country highlights. Most Big Sky visitors hope to sight a bear. When their favorite food, huckleberries, are scarce, bears become more visible. You'll understand the bears' cravings after you sample these small blueberry-type fruits in ice cream, candy, jams, or syrup. Remember that bears are wild and powerful animals. Bear attacks near Glacier were reported last summer.



Water continues to work its magic on Glacier National Park in Montana. Avalanche Creek Gorge drains into Lake McDonald near the beginning of Going-to-the-Sun highway

Rodeos are a summer staple in Montana, and Native American tribes welcome visitors to their powwows in July.

For travelers with their own gear, few boats will interrupt your pleasure on **Lake Koocanusa,** in the western part of Glacier Country. Although it doesn't offer many services, the reservoir stretches to Canada and abounds with trout.

To fly into Glacier Country, head for **Missoula.** The region's largest city is a cyclist's haven. You can pick up a fishing license plus see where smoke jumpers train.

Glacier Country, Dept. BHG, P.O. Box 1396, Kalispell, MT 59903; 800/338-5072. For general Montana information: *Travel Montana, Dept. of Commerce, BHG, Helena, MT 59620; 800/541-1447. In Montana: 406/444-2654.*

THE RV LIFE

Recreational vehicles (RVs) are the modern version of a Conestoga wagon. Touring in an RV is like being a turtle, slowly dragging your house wherever you go. As handy as that may be—you won't have to rely on gas-station restrooms or fast-food restaurants—sometimes it's inconvenient to lug a 34-foot home with you. That's why you'll see many of the bigger rigs towing a car. Although RVs provide terrific views, they can't negotiate some of Montana's twisting, narrow mountain roads.

Is an RV right for you? RVs aren't about saving money so much as they are about lifestyle. You could stay in elegant hotels two weeks a year for many years for much less than your initial investment in an RV. You're the RV type if you:

- Want to sleep in your own bed.
- Like to take everything with you on a trip—especially the kitchen sink.
- Prefer home cooking to restaurants.
- Hate to take time to stop for a meal.
- Envy bus or truck drivers.
- Enjoy the sense of danger each overpass and bridge brings as you calculate whether your rig can squeeze under it.

You're not the RV type if part of the joy of vacationing means maid service and restaurant meals.

Renting an RV: The RV rental company closest to Glacier Country is in Bozeman, 200 miles from Missoula and about two hours from Yellowstone.

- Request a Recreation Guide from Travel Montana (see *above*). It tells you what places accept RVs and the maximum size allowed.
- You can rent from *Cruise America, Bozeman, 5 E. Mendenhall, Dept. BH, Bozeman, MT 59715.* For Cruise America's national reservation line, call *800/327-7799.* Week-long summer rentals range from $874 for an intermediate home of 21–24 feet that sleeps up to six to $1,039 for a 29–31-foot deluxe model that accommodates up to six.

To receive a free RV camping resource guide that explains how to select a campground, how to buy an RV, and other information, contact *Go Camping America* at *800/47-SUNNY.*

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Some cats and dogs are away artists. No matter how caref you supervise them, they manage slip through an open door or wri through your grasp. Others, show hunting dogs in particular, can n high bounty, which makes ther popular target for thieves. Whe Tabby and Rover are valuable on open market or just to you and y family, they need to have some f of identification.

The three main methods of identification all have pros and c The type you choose depends on eral factors. Is yours a look-alike (It's often difficult to tell one cock or chocolate Lab from another.) I your pet have health problems require prompt attention? Is you likely to be stolen?

Chipping. The newest identi tion method is a tiny microchip planted under your pet's skin. Ea insert, the chip is virtually unde able except to a scanner. It c quick, sure identification of look- and stolen pets and lasts a lifetim

Most of the problems assoc with chips arise from their nev and lack of a universal product. rently, three different companies ate chips, but none uses the scanner. Only about one-fourth

rinarians implant chips, so avail-
ty remains spotty. Many veteri-
ans on the East and West Coasts
the service. In the central U.S.,
can get your pet chipped in Des
nes, Iowa, but you may have a
cult time having it done in Texas.
oping is expected to become more
ly available in the coming years.
nother problem right now is that
y communities don't have scan-
Also, since scanners aren't stan-
ized to read all brands, Rover
d receive an implant that would
k in your town, but, if you moved,
new area might not have a scan-
capable of reading the chip.

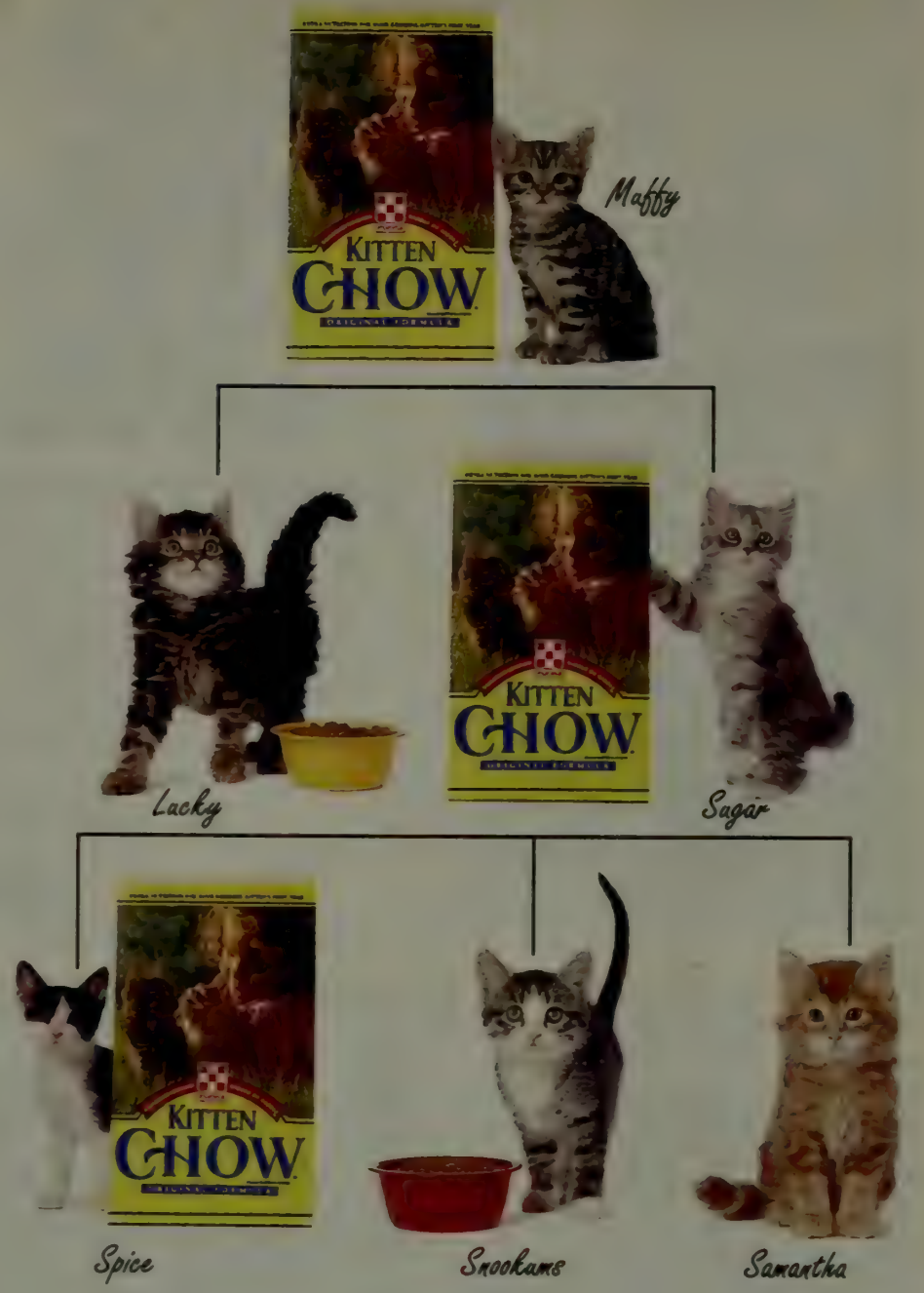
efore having a chip implanted in
pet, ask your veterinarian to ex-
the situation where you live. In
s where the chips are available,
rinarians usually band together to
the same chip throughout their
. Implanting the chip costs $20–
Some brands may carry an addi-
al charge for national registration
ell as a fee to update the listing
ld you move.

ere are a couple other methods of
tification to help you keep track
ur pet.

ollar and tag. A sturdy collar
a tag or space for your name and
ress provides the least expensive
of identifying your pet ($3–$25
nding on the collar material).
pled with a rabies tag, the collar
s solid identification—*if* Rover
his collar on when he makes his
pe and when he is found. Unfortu-
ly, pets can wriggle out of collars;
e breakaway models are designed
ive way to keep a pet from stran-
g. And, robbers can simply re-
e the collar from your pet.

ttooing. Tattooing offers a more
nanent solution. However, a tat-
can be altered, will fade with time,
may not be seen when fur grows
it. Some animals carry their own-
phone or social security number
er than a national registry num-
so the person finding the pet may
understand what the tattoo
ns. Tattoos cost about $25–$50;
pet normally will receive an an-
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Ceramic tiles. To remove stains from ceramic tiles, coat the surface with a thick paste of scouring powder (with a bleaching agent) and hot water. Let stand for five to 10 minutes. Then, using a stiff-bristle brush or nylon scrubbing pad, scrub the tiles; rinse well, and wipe dry. If the stains remain, apply undiluted bleach, let stand for at least five minutes, rinse, and let dry. Protect grout with acrylic sealer or lemon-oil furniture polish.

Clean hard-water residue with a mix of equal parts water and vinegar.

Plastic curtains. Instead of tossing out soiled shower curtains, clean them in the washing machine with warm water, detergent, and bleach, followed by a warm-water rinse. Dry on the no-heat cycle—adding dry towels to reduce abrasion—for about 10 minutes.

Fiberglass tub-shower units. A nonabrasive or mildly abrasive scouring powder or a diluted liquid all-purpose cleaner is best for cleaning fiberglass or plastic laminates. To get rid of soap residue, apply a full-strength liquid cleaner and let stand for a minute before gently rubbing; rinse and dry. Dissolve hard-water deposits with vinegar and water.

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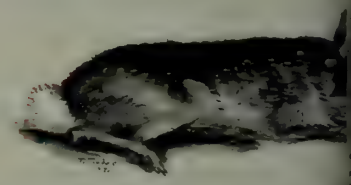
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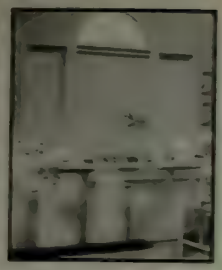


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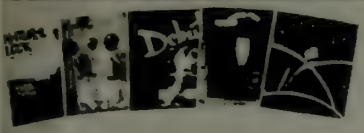
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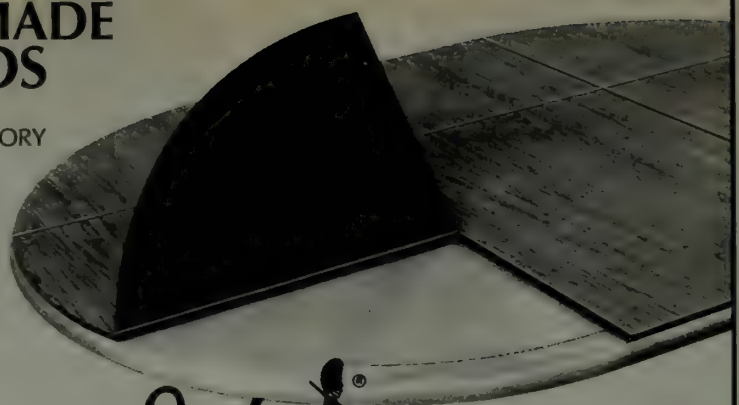
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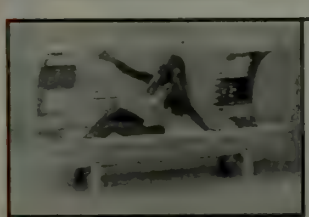


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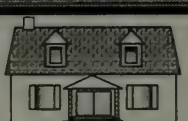
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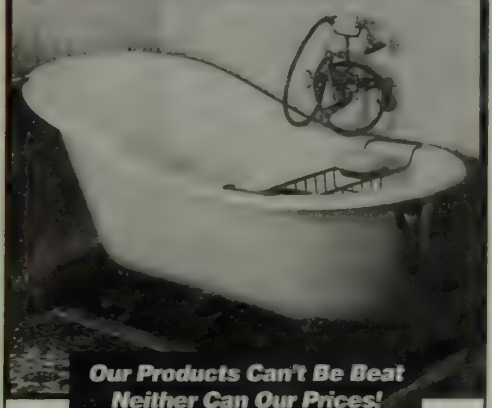
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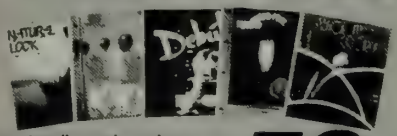
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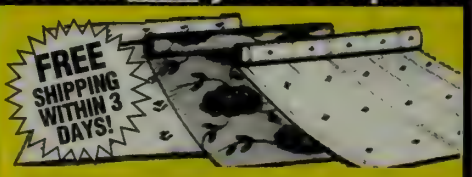
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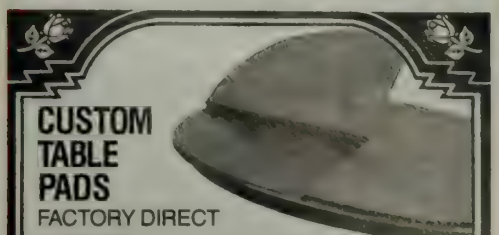
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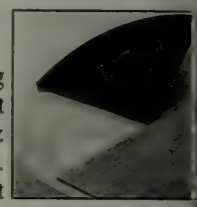
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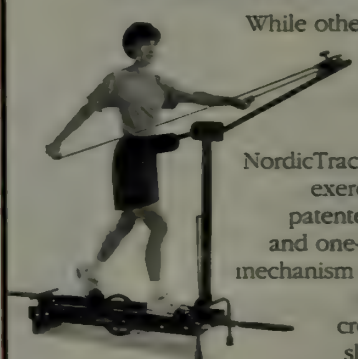
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JULY 1993

■ Aunt Opal reports that she gets more exercise than ever since buying a new TV. "I spend half the evening lifting cushions and bending down to look under the sofa for the darned remote control," she reports.

■ Newspaper editor Earl Reeves fears that a "summer reading program" for kids too often means flipping through the TV listings.

■ "I never worry that today's kids are growing up too fast," says Liz Randall, mother of five. "I worry that they're not growing up fast *enough*."

■ Christine believes that none of those government economic statistics can beat her personal research: counting the number of people ahead of her in the grocery checkout using coupons.

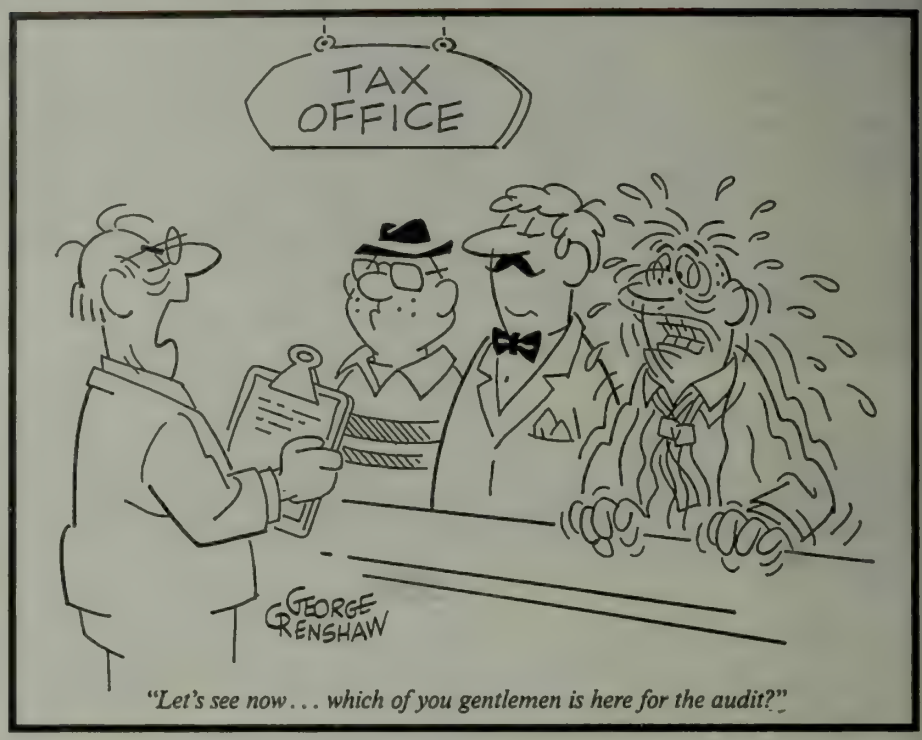
■ Burt Jr. has started listening to rap music lately. It's got me wondering: what's he going to hum in the shower 30 years from now?

■ Dr. Bob Hannelly worries that drugmakers are going to find a way to charge as much for an ounce of prevention as they do for a pound of cure.

■ Congressman Nick Hanfli writes from Washington that "summer recess" is an apt term for Congress's annual vacation. "After all," he says, "most of the stuff that goes on around here the rest of the year seems pretty childish."



"Margaret, are you sure you don't have any kids?"



"Let's see now . . . which of you gentlemen is here for the audit?"

■ The young couple across the street have discovered that the easiest way to enjoy lots of solitude while on an outdoor vacation is to put up a sign at their campsite advertising themselves as insurance salespersons.

■ Instead of her usual week-long summer vacation, Elaine Cowan has been taking a bunch of three-day-weekend jaunts this year. "They are a lot less of a hassle to plan," she says, "and I don't need a second vacation to recover from them."

■ Reading the paper the other evening, I got a bit worried when I noticed a help-wanted ad placed by my auto mechanic. He's looking for a "bereavement specialist."

■ "The road to heaven also is paved with good intentions," the Rev. George Hall sermonized last Sunday, "but there are a lot fewer potholes on that route."

■ Our most avid family fisher, 11-year-old Judy, has been hinting that she needs a new pole. "I'm sure that all the fish can recognize the old one," she argues.

As much of the world lurches toward democracy, our town's Fourth of July celebration is taking on a special poignancy. The 30-member planning committee recently met to discuss activities to mark this historic moment.

"How about a color guard flag-raising?" Dick Dresch suggested.

"Someone could read the Bill of Rights," offered Liz Randall.

"Or a Whitman poem about America," added Bill Minchin.

Nothing sparked much support, however, and the room grew quiet.

Then, 8-year-old Emily Randall, immersed in a coloring book, absently started singing. "Oh beautiful, for spacious skies . . . ."

Her voice was pure and innocent—virtues we associate with this great land, even if it isn't always so. By the time Emily finished, we all knew what our special event would be. For the first time ever, the highlight of our festivities will be a children's chorus.

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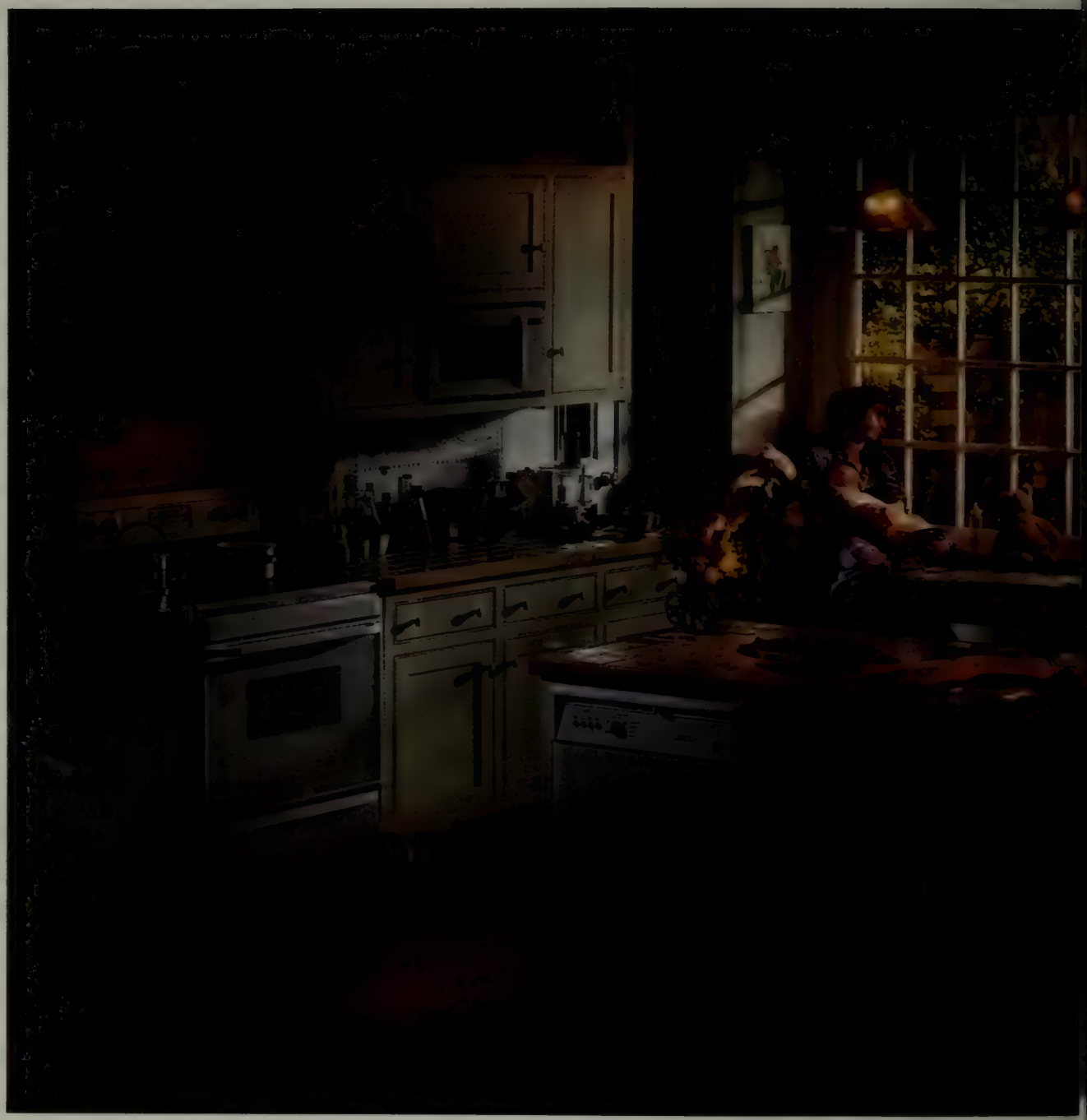
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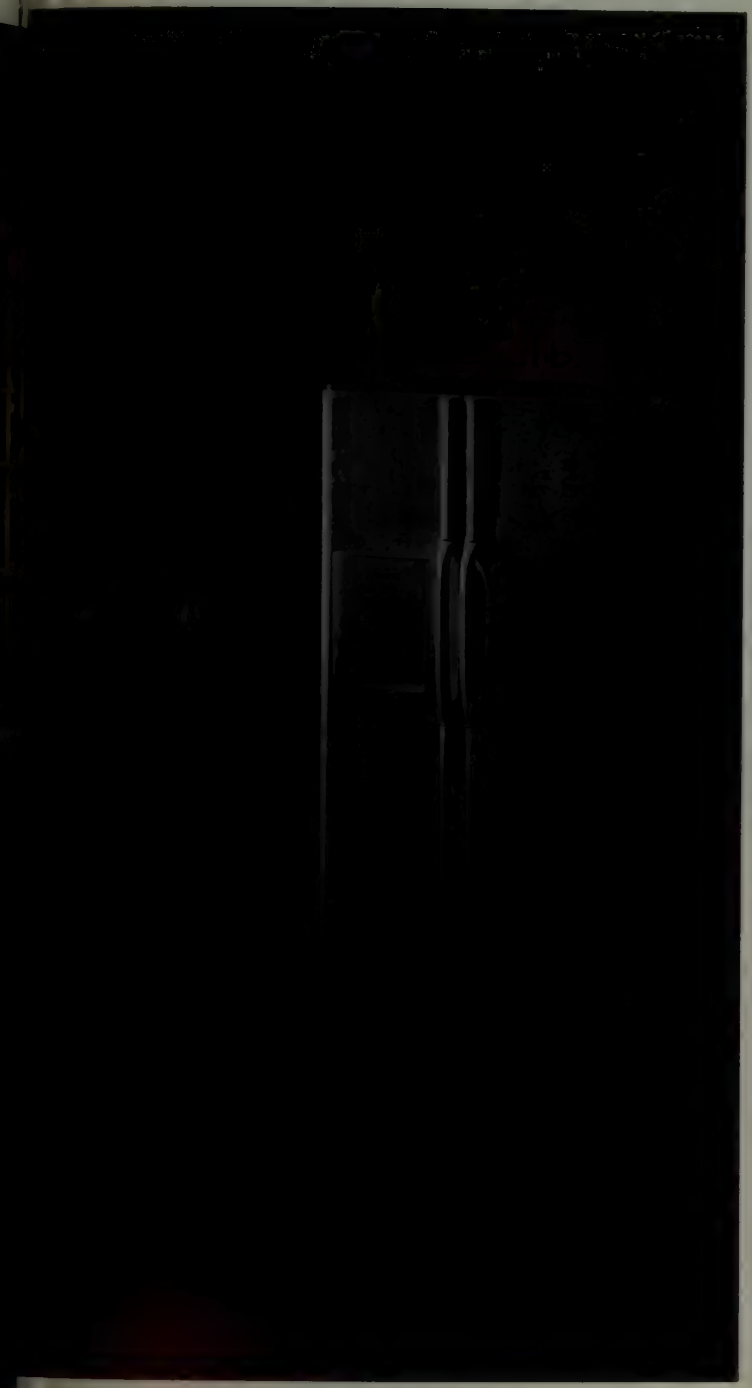
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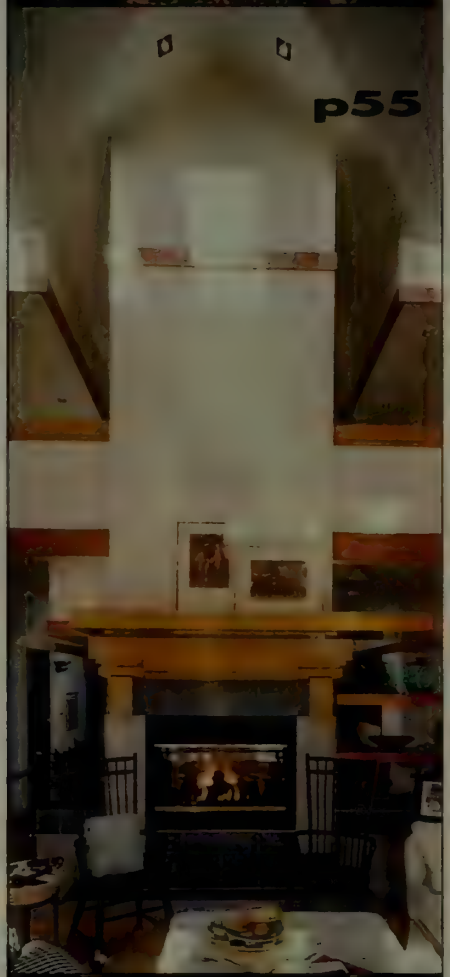
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Better Homes and Gardens

AUGUST 1993; Vol. 71 No. 8







ON THE COVER

15 How to Grow an Easy-Care Country Garden

46 Craft Your Own Hand-Decorated Stationery

55 Peek Inside Our Home of the Year

73 Quick and Easy Bedroom Makeovers

103 The Summer's 10 Best Recipes

Luscious desserts, fresh salads

BETWEEN FRIENDS

8 Editor's Letter

12 Family Network® *Solutions to family problems*

154 The Man Next Door® *Writes about family, friends, and neighbors*

THE FAMILY AT HOME

GARDENING

15 Carol's Country Garden

Growing a glorious mixture of perennials, annuals, and roses

22 Gardener's Almanac *Late summer growing tips*

DECORATING

42 Decorating Q & A *Answers to your questions*

73 Bedroom Wake-Up Calls

Easy style makeovers with paint, linens, and wall coverings

CRAFTS

46 Stationery Objects

Turn plain papers into sophisticated sheets

BUILDING

55 Home of the Year

Our newest idea house blends charm and innovation

90 Simply Southwest Bath

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CONTINUED ON PAGE 6

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CONTENTS CONTINUED FROM PAGE 5

FAMILY MATTERS

HEALTH

24 **Water Workouts**
Pool programs offer fitness for all—even nonswimmers

32 **Family Update**
Immunizations aren't just kid stuff anymore

EDUCATION

38 **Is Your Child Ready for Kindergarten?**

ENVIRONMENT

92 **Earth-Friendly News You Can Use**

TRAVEL

140 **Washington, D.C.**
The trip you owe your children

PETS

146 **Fine Feathered Friends**
Is a pet bird right for you?

GOOD FOOD

94 **Good Food/Good Health**
Eating right on the road

103 **Best-Of-Summer Salads and Tarts**
Garden salads, fresh fruit tarts

112 **Nutrition Information**

112 **Recipe Index**

132 **The Cold, Hard Facts about Freezing Produce**

134 **Win Money for Your Recipes**

135 **10 Delicious Snacks Made with Bananas**

137 **Prize Tested Recipes**
Zucchini Ideas, Grilled Burgers

SHOPPING

88 **Buying Guide** *Names and addresses of retailers and manufacturers of products shown on our editorial pages*

148 **Directory of Architects and Designers**

148 **Shopping Editor's Choice**

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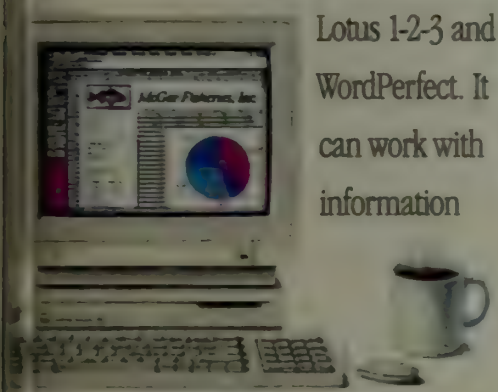
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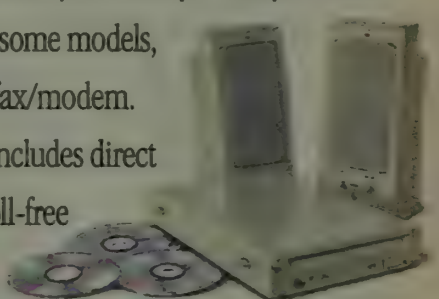
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EDITOR'S LETTER

AUGUST 1993



PERRY STRUSE

Whoever said "You can't go home again" had a different perspective than I have. I don't believe it!

I remember my 30-year high school reunion. Sure, the town had changed, and it was obvious we class members had too. The captain of the football team had gained weight and lost his hair. And a "comfortably matured" homecoming queen flashed pictures of her grandchildren. But the feeling we shared hadn't changed a bit. This was our hometown, our school, and part of some very special memories we would treasure always.

I feel much that same way as I write this editor's column. It's a homecoming of sorts. Although I'm new to you as the editor of *Better Homes and Gardens*®, this magazine is not new to me. I was a wet-behind-the-ears writer/designer on her first editorial job when I joined this staff in 1961. And I recall the awe I felt being part of America's strongest voice for home and family values.

Certainly, the magazine has evolved over these years (as have I, I hope), but the underlying premise of *Better Homes and Gardens* is still the same. This is still the magazine that focuses on what America cares about most—those things that are close to home and close to the heart.

I'm proud to be part of it and happy to be back home!

Jean LemMon

Jean LemMon, *Editor in Chief*


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I was hospitalized recently, and my neighbor was going to order flowers to cheer me up. Her husband intervened and suggested that she give me a housecleaning service instead. She did, and it was wonderful to have everything clean when I came home.

Julie Neumiller
Redmond, Wash.

BABY WELCOME

Whenever a family in my neighborhood has a new baby, I give a small gift and offer 50 hours of baby-sitting as a welcome. The parents love this, and we become good friends.

Gloria Quenault
Hopatcong, N.J.

HOME SAFETY

Here are some home security [tips] I learned when I attended a semin[ar] presented by Citizens Against Crime, an organization with locations in most major cities.

- Buy a very large pet food bowl and keep it filled with water. Place it by your back door or porch. This gives potential intruders the idea that you own a large dog.
- Invest in "These Premises Protected By . . . " generic window stickers, available at most hardware stores.
- Make sure your door and window locks are secure.
- Keep your home well lit, and alternate your lighting patterns.

Kim Boyle
Dallas, Texas

WHO'S UP?

To keep track of which child's turn it is to take out the trash, I buy two different colors of trash bags. That [w]ay, my boys know at a glance when it's their turn. They always replace the bag with the other color, ensuring that they don't have to take out the trash twice in a row.

Joyce Gilbert
Sabina, Ohio

DISNEY FUND

Living 500 miles from family, we don't see each other every holiday. Consequently, my son often receives money in lieu of gifts. When he collected $50 at Christmas, I persuaded him to purchase a share of Walt Disney stock rather than spend it on another video game. Now he watches his stock and asks a lot of questions about business and finance.

Caroline Guzniczak
Charlotte, N.C.

A LOVING REMINDER

My parents moved to Florida a few years ago, and we keep in touch by letters and weekly calls. It's often very hard, however, to remember to mention everyday things. This year they forgot our seven-year-old's birthday. As a gift for next year, I will send them a calendar with all those important dates written in.

Marsha Sue Sangster
Decatur, Ill.

BIRTHDAY TREATS

My nephews attend a school where, instead of birthday treats, children are encouraged to bring items for the classroom, such as extra scissors, glue, puzzles, etc., wrapped in birthday paper. The birthday child opens the presents and then "gives" the needed supplies to the classroom.

Jane McBride Choate
Loveland, Colo.

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An alert concrete bunny stands guard by the antique iron gate, creating a charming entry to Carol Kelly's garden. The fence is festooned with Climbing Blaze roses.



Carol Kelly has filled her 3-acre Oregon property with the sights and scents of flowers.

BY JANE AUSTIN McKEON

Carol's country garden

An acreage on the scenic banks of Oregon's Clackamas River was a dream-come-true for Carol and Jack Kelly. Part of an original 1850s homestead, their fertile pastureland offered uncultivated potential for gardening. But for many springs after they settled





country garden



A grape arbor built over flagstones creates a gazebo-like retreat where the Kellys cool off on hot summer days.

Split-rail fencing and low hedges divide the garden into "rooms" or parterres. In this view, rue, lady's-mantle, campanula, yarrow, allium, and foxglove border the fence. Geraniums, lychnis, dwarf catmint, and santolina spill onto the path from the opposite side.

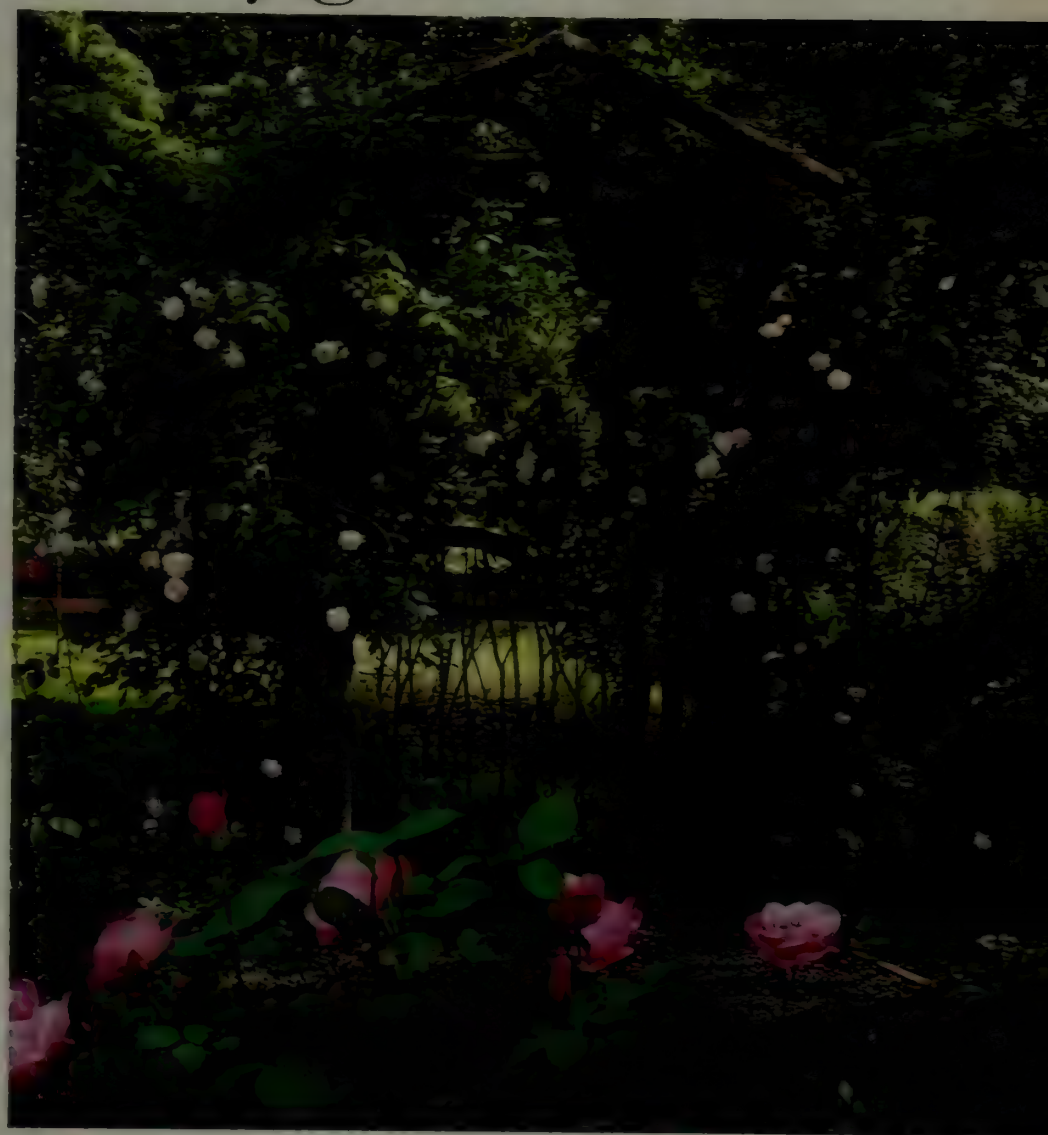
there, Carol let her lack of experience with plants bury any desire she had to start a garden. "I had never grown anything other than a few herbs," she says.

Then, one summer several years ago, "the gardening bug bit," recalls Carol. "We visited Mount Vernon, Virginia, and I got truly inspired." George Washington's parterres—formal gardens divided by paths or hedges into tidy "rooms"—were a revelation to this nongardener. Carol suddenly understood that she had been stymied by the huge expanse of flat property between her house and the road. "I came home and immediately began planting hedges in the front pasture," she says. "When I saw that it could be divided into small spaces, I was able to visualize a garden because of my background in decorating."

An old pump house became the focal point of Carol's first garden design. "The pump house sat out in the middle of the pasture—which is our front



country garden



A rustic arbor built of lodgepole pine flaunts summer-blooming Cecile Brunner roses.

Designed to look old, the new greenhouse was built with salvaged windows from an old log cabin. Simplicity roses form a hedge in back of the border along one side of the path. Mounds of astilbe, lychnis, lupine, coreopsis, centranthus, coralbells, lamb's-ears, cranesbill geranium, delphinium, and campanula create drifts of color.

yard—and I needed to make it look like it belonged," says Carol. Now completely engulfed in ivy, the structure is a mere footnote to the formal patchwork of herb, rose, and perennial beds that fill the field on one side of the Kellys' driveway.

On the opposite side of the long lane, the newer garden—started just two summers ago—reflects the evolution of Carol's gardening style. "This garden is much looser, freer, wilder," she says. "As I've learned more about plants and garden styles through experience and research, I've gone on to a less structured approach."

Needing something architectural in this area to balance the pump house, the couple agreed on a greenhouse. "The challenge then was how to make it blend with the old structures," says Carol. "In the front yard, it had to be more attractive than the

country garden



utilitarian style." Designing the greenhouse became an adventure when she learned of an old log cabin for sale nearby. The Kellys salvaged all of the windows and doors for their little glass nursery, and stored the rest of the log structure for later reassembly as a vacation home.

The gardens now established, Carol's ongoing work is truly a labor of love, as she enjoys introducing new things to her borders each year. A veteran antiquer, she accessorizes her garden as she would her house—with delightful found objects that give even the more formal areas a whimsical and romantic bent. An old schoolhouse cupola, antique benches and wheelbarrows, a collection of birdhouses, and ornamental animals mingle with the flowers and the twig and metal arbors she and Jack fabricate for climbing roses and vines.

Borders outside the entrance to the garden (*above*) offer colorful enticements of their own. Carol contrasts brighter flower colors with a few pastels. This varied and vibrant mix includes lady's-mantle, Oriental poppy, tiger lily, gaillardia, and kniphofia. Wallflowers and centranthus tower on the other side of the fence.

A feathery mound of artemisia (*top right*) helps the bold colors of dwarf marigolds and dianthus shine.



CAROL'S GARDENING TIPS

- **Start with good soil. Carol added sand and composted chicken manure to her clay-based soil before she planted. "Creating raised beds with well-amended soil is like preparing large pots for plants," she says.**

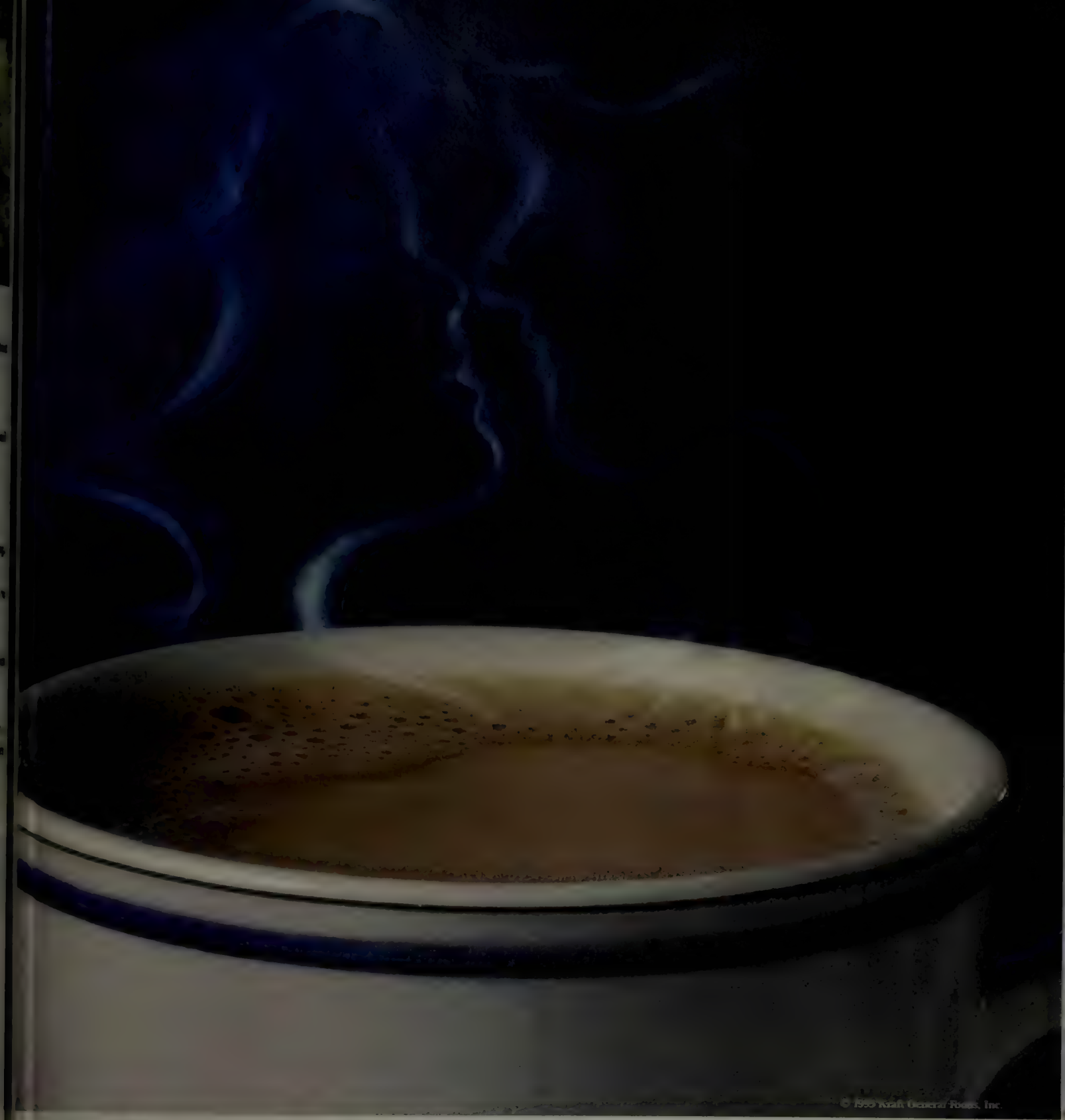
- **Pick plant species that will flourish without a lot of pampering. "To avoid using chemicals, I stay away from plants that are prone to insects and disease," says Carol.**

- **Mulch around plants with a 2-inch layer of compost each fall. This insulative "blanket" will protect roots in winter. As it breaks down, the compost adds valuable nutrients to the soil.**

- **When adding plants to an established border, amend the soil where they will be planted. Carol mixes sand, bonemeal, and composted chicken manure with her garden soil to give new plants a healthy boost. "I'm known as the person with two big piles of dirt in my front yard," she says of her ever-present compost mix.**

- **Include a few low-growing shrubs in a perennial border to provide seasonal blooms and year-round structure. Flowering jewels among the smaller species include Ceanothus ovatus, Japanese quince (*Chaenomeles japonica*), and azalea (*Rhododendron sp.*).**

- **Take frequent strolls through the garden in winter to study where improvements are needed. "That's when I see the 'bones' of my garden," says Carol. "Perhaps that's why I'm now trying to add more structure—more year-round interest."**



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GARDENER'S ALMANAC



PETER KRUMHARDT

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BY DOUGLAS A. JIMERSON

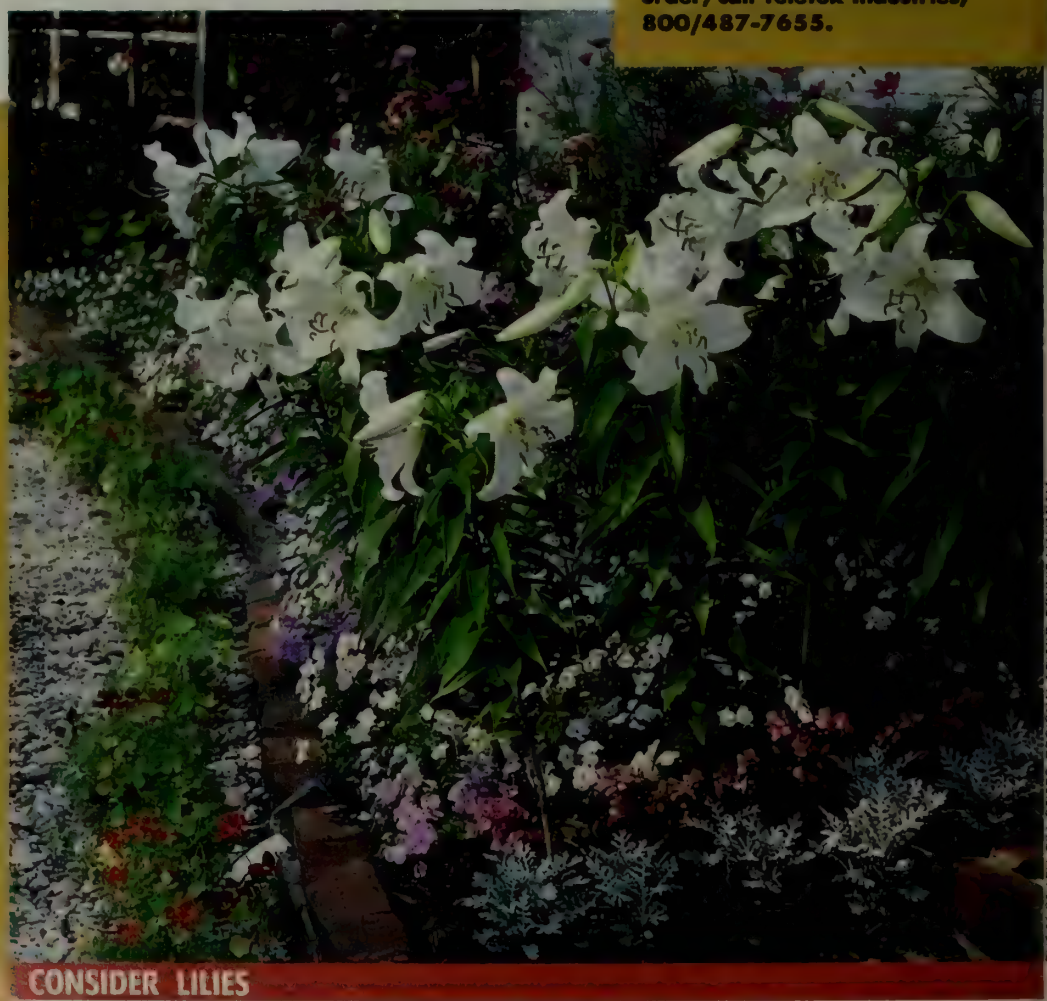


A SECOND LOOK AT GAZING BALLS

Instead of a sundial or birdbath, use a gazing ball as a focal point in your rose, flower, or herb garden. In the 19th C., gazing balls were [illegible] in gardens around the country. [illegible] however, [illegible] when [illegible] orbs came back into vogue.

Gazing balls [illegible] available from Wind & Weather, Albion [illegible] Water Tower, P.O. Box 2320, Mendocino, CA 95460.

PHOTOGRAPH: ED GOHLICH
GARDEN DESIGN: KAREN KEES
REGIONAL EDITOR: SHARON HAVEN



PHOTOGRAPH: BILL STITES REGIONAL EDITOR: BONNIE MARRANCA

CONSIDER LILIES

Planted now, Oriental Hybrid lilies such as Casa Blanca will perform magnificently in your garden next summer. These spectacular perennials grow about three feet tall and bloom from July to August. All you need is a sunny spot and well-drained soil. For best effect, plant in groups of three or more, spacing the bulbs eight inches apart. Set the bulbs six inches deep. Casa Blanca and other lilies are available from Dutch Gardens, Inc., P.O. Box 200, Adelphia, NJ 07710.



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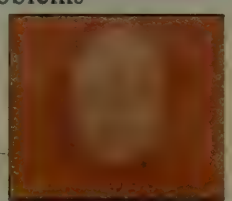


Bunion: Buildup of bone, fluid or hard skin on big toe joint; caused by pressure and friction.





Corn: Hard or soft skin on or between toes; caused by pressure and friction.



Callus: Thick skin on toes or bottom of foot; caused by pressure and friction.



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WATER WORKOUTS
Pool programs offer fitness for all—even nonswimmers



Before you decide that water workouts aren't for you, consider the stories of these two individuals:

● A few years ago, 38-year-old John Collinge gave up running and started swimming instead. Exercising in the water, he says, offers him an aerobic workout he really enjoys.

"It boosts my energy level to swim," adds Collinge, whose fitness program also includes lifting weights. In addition, Collinge says his new exercise regimen helps him sleep better.

● Within weeks of her mastectomy, Magdalene Grieb was doing easy exercises while standing in a pool. Moving her arms in circles, she used the natural resistance of water to strengthen her damaged muscles. "This definitely helped my recovery," she says.

Collinge and Grieb are among the growing number of Americans who have taken to the water. The benefits speak for themselves: Swimming tones your muscles and increases your cardiovascular (heart/lung) fitness. Water workouts are easy on your joints, so they've attracted many former runners who've been sidelined by injuries. Many doctors prescribe water exercise for people who are obese or have arthritis and other health problems.

Dry hair. Although swimming remains a popular form of water workout, many programs offer health benefits without forcing you to take the plunge. Heads-up routines are ideal for office workers who want to get back to their desk without worrying about wet hair. In fact, you don't even have to know how to swim to improve your overall fitness.

Pool exercise offers a refreshing workout that's easier on your joints than many land-based programs.

However, you do need access to water, and that's a problem for some people. The growing popularity of aquatics means stiff competition for pool time. But, with a little ingenuity, you can probably find a place to swim.

Many YMCAs and YWCAs have pools and offer a variety of aquatics programs. You'll also find pools in health clubs, community centers, and schools. Sometimes, hotels and motels will let you buy rights to use their pools.

Before you begin, remember: If you have health problems or are over 40 and out of shape, tell your doctor that you are starting a swimming program. As on land, it's possible to injure yourself by starting too fast or overdoing your workouts, says Edward McFarland, M.D., a sports medicine specialist at Johns Hopkins Hospital in Baltimore.

Nevertheless, for most people, the benefits of aquatics far outweigh the drawbacks. Here are four types of programs to look for as you begin your search for the perfect water workout.

1. Swimming. For beginners, the American Red Cross is a national leader in learn-to-swim classes. Swimmers earn certificates as they pass each of the seven proficiency tests. Lessons can begin as early as six months, which serve to introduce babies to the water, says certified instructor David Duda. Duda has also taught swimming to people in their 70s. Most Ys offer swimming classes as well.

If you like the thrill of competition, join United States Masters Swimming. This organization has 450 clubs around the country that sponsor swim meets. There are 28,000 members, ranging in age from 19 to 99. Swimmers are matched against people of similar ability, and awards are based on age. Members may compete nationally.

Ideally, swimmers should be comfortable in deep water. If not, find a pool that's shallow from end to end. For safety's sake, you should always swim with a companion or under the watchful eye of a lifeguard. Many people find that swimming with a partner increases their chances of sticking with a program.

Don't be afraid to try different strokes, since each has its own strength-building assets, says Jane Katz, Ed.D., a professor at City University of New York and author of several books on aquatics, including *Swimming for Total Fitness* and *Swim 30 Laps in 30 Days*. But make sure you learn the proper technique. Otherwise, you may tire easily and not swim long enough to reap aerobic benefits.

Before doing laps, complete a five-minute warm-up in the water, says Dr. Katz. This can include water walking or

continued on page 26

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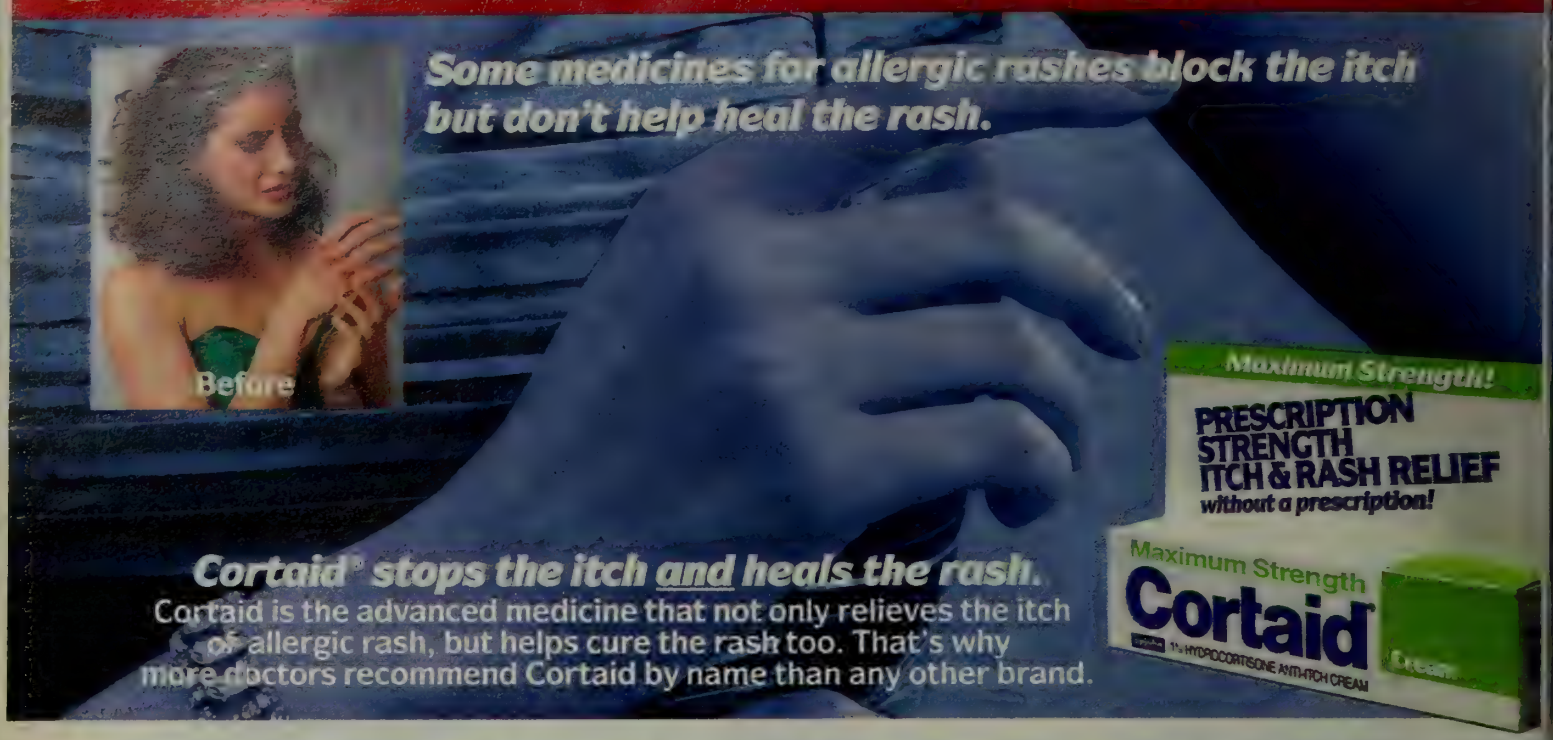
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WATER WORKOUTS

continued from page 24

jogging, as well as stretching exercises to condition muscles and prevent them from cramping. Remember a five-minute cool-down, a repeat of warm-up exercises.

2. Aquatic exercise. Lately, aerobics and other water exercises have become extremely popular. The Aquatic Exercise Association (AEA), an organization for aquatics instructors, has seen an explosion in its membership during the last five years.

Water aerobics are offered at YMCAs, YWCAs, community centers, and private health clubs. Many land-based exercises are readily adaptable to the pool. You can try water walking or running, either in shallow water or in deep water wearing a flotation device. You can even do these routines without getting your hair wet, a bonus for many people who work out during their lunch hour.

Water workouts can be just as intense as those done on land. But, unlike land, water is easy on the joints and the risk of injury is low. Also, water's natural resistance increases your strength, especially if you use special flotation devices. Since water is cooling, you can exercise without feeling sweaty.

3. Team sports. Many athletes enjoy the excitement and camaraderie of being on a team. Games and competitions are a good alternative if you find laps boring.

Water polo is a fast-paced sport for good swimmers in excellent physical condition. The action takes place in deep water, since it's illegal to touch bottom when you're in contact with the ball. Also, you can use only one hand to hold the ball. The object is to get the ball over the opponent's goal line. United States Water Polo, Inc., in Indianapolis, is the umbrella organization for 400 clubs around the country.

Team sports such as water polo make water exercise an exciting activity for competitive people.

Synchronized swimming is another demanding team sport, but there's a place for beginners and seniors as well. The adult Masters program has some members in their 80s. There are currently over 200 synchronized swim clubs in the country that enter competitions sanctioned by United States Synchronized Swimming, the governing organization recognized by the United States Olympic Committee. You can find synchronized swim classes at some YMCAs and YWCAs.

4. Water as therapy. People with a broad range of conditions, such as arthritis

and injuries, can benefit from exercises done in the water. The natural buoyancy of water offers a measure of support, making it the ideal medium to practice walking or moving injured limbs, explains Mary Boyd, a physical therapist at Massachusetts General Hospital.

Once mobility returns, the water's resistance helps strengthen muscles. Of course, all exercise programs must be approved by the patient's doctor and physical therapist.

The Arthritis Foundation and the YMCA of the USA have developed a widely offered aquatic program. This involves gentle exercises in 83–88 degree water under a trained instructor's supervision. You don't have to know how to swim to participate. For details, call the Arthritis Foundation at 800/283-7800.

"The Arthritis Foundation promotes exercise in general as an important part of the overall arthritis management program," says Teresa Brady, Ph.D., the foundation's national medical advisor, "in particular, warm pools can decrease pain and stiffness."

Once they receive medical clearance, breast cancer patients who've had surgery may enroll in the YWCA's Encore program. This national support program's meetings include group discussion, as well as land and water exercise.

Water exercises helped mastectomy patient Magdalene Grieb regain the full use of her arm.

Water workouts can help with the painful swelling that can occur when surgeons remove lymph nodes in the armpit to see if the cancer has spread, says Encore instructor Loys Green. Also, gentle movement increases the range of motion of joints in areas where scar tissue forms following cancer surgery.

FOR MORE INFORMATION

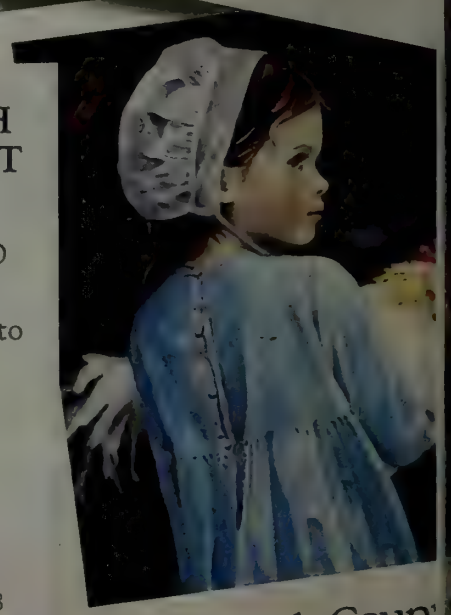
- Obtain a free brochure on Masters Swimming by sending a SASE to: The United States Masters Swimming, Dept. BHG, Two Peter Ave., Rutland, MA 01543. Or, call: 508/886-6631.
- For free literature on pool exercise, send a SASE to: Aquatic Exercise Association, Dept. BHG, P.O. Box 497, Port Washington, WI 53074. Or, call: 414/284-3416.
- For information on water polo, send a SASE to: United States Water Polo, Inc., Dept. BHG, 201 S. Capitol Ave., Suite 520, Indianapolis, IN 46225. Or, call: 317/237-5599.
- Learn about synchronized swimming and receive a list of clubs in your state by writing to: United States Synchronized Swimming, Dept. BHG, Pan American Plaza, 201 S. Capital Ave., Suite 150, Indianapolis, IN 46225. Or, call: 317/237-5700.

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 BY HARRIET EDLESON

FAMILY VACCINES UPDATE

Immunizations aren't just kid stuff anymore



It won't be long before kids are starting school, teens are packing for college, and Grandma is bracing herself for another flu season. In late summer when these events occur, your thoughts should turn to vaccinations. All of these family members—and perhaps you, too—ought to be planning a visit to the doctor for some very important shots. Here's your family guide to the vaccine season.

Why so important? Vaccines are your best, and often only, defense against illnesses that have no cure. Measles, mumps, and the flu (among others) are highly contagious and impossible to remedy. While your doctor can ease the symptoms somewhat, these illnesses must run their course before real relief arrives.

What's more, these diseases can be dangerous. German measles, for instance, can lead to birth defects in a baby whose mother picked up the disease while pregnant. Mumps, on rare occasions, can cause sterility when contracted by older boys.

Shots for big folks. "Adults between 35 and 55 don't need to do much if they are otherwise healthy," says Theodore C. Eickhoff, M.D., professor of medicine in the Division of Infectious Diseases at the University of Colorado Health Sciences Center, Denver. That's comforting news for people who fear shots. But there are important exceptions to this general rule. In fact, almost all adults need to see a doctor for a vaccination at some point.

The most common reason adults need shots is to renew old immunizations. Adults need booster shots of the combined tetanus and diphtheria vaccine every ten years. (Your doctor may also recommend a booster if you've been exposed to either disease.) A booster is also available for the polio vaccine, though it is recommended only if you will be traveling to a country where the disease is a threat.

A less common exception is shots for overseas travelers. Unless you are traveling to a very poorly developed area of the world, chances are you won't need special shots. However, talk to your doctor a couple months before traveling to a questionable area; some immunizations, such as the typhoid vaccine, must be given over a period of time.

For certain groups of adults and teens, experts recommend special immunizations. Here are three of the most common health hazards you may need protection from:

- Pneumococcal diseases. The pneumococcal vaccine protects against a rogues' gallery of diseases, including forms of pneumonia, meningitis (brain inflammation), and endocarditis (heart inflammation). Together, pneumococcal diseases kill 40,000 Americans each year. Yet, only 14 percent of those who need the vaccine get it. "We've had this vaccine available for more than a decade, but it hasn't been used nearly as much as it should be," says Pierce Gardner, M.D., chairman of the American College of Physicians' Task Force on Adult Immunization. Gardner says if all targeted people received the vaccine, as many as 20,000 deaths could be prevented each year. You are in the target group if you are 65 or older or have a chronic illness such as lung disease or heart disease. Since the vaccine is not perfect (it works about 60 percent of the time), four or five drug companies are at work to develop a better product. The vaccine costs $10 to $15 at a doctor's office and is covered by Medicare.
- Influenza Type A and Type B. The "flu" isn't just an overblown cold. Last year, influenza, which is caused by a virus, was responsible for 20,000 deaths, mostly among the elderly. The vaccine for influenza reaches about 30 percent of the largest target groups—those 65 and older and those with chronic heart/lung disease—each year.

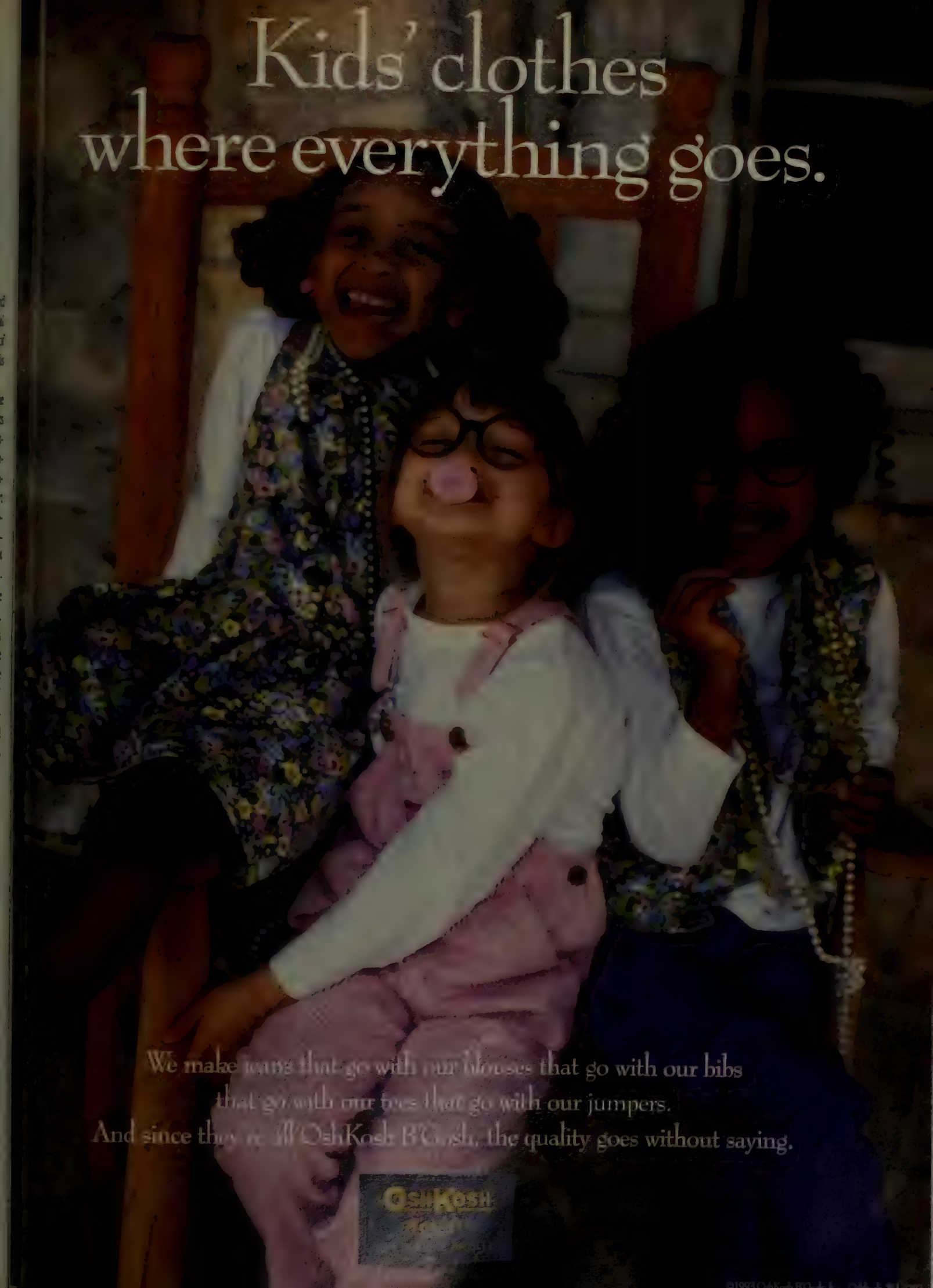
Other high-risk groups likely to develop complications from influenza include:

- Adults and children (6 months or older) with chronic heart or lung disorders.
- Patients in nursing homes or chronic care facilities.
- Individuals with diabetes, kidney disease, and other metabolic diseases.

In addition, people who are likely to transmit the flu to high-risk individuals ought to have a flu shot.

You should *not* get a flu vaccination if you are allergic to

continued on page 34


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FAMILY VACCINES

continued from page 32

chicken eggs, which are used to produce the vaccine. The cost of the vaccine for two types of Type A and one type of Type B is $10 to $15. Medicare recently announced that it will cover the influenza vaccine, which is effective roughly 70 percent of the time.

● Hepatitis B. One in twenty Americans contracts this liver infection at least once. At first, flu-like symptoms predominate. Later, hives, joint pain, and jaundice may develop. Although many cases clear up on their own, hepatitis B can be fatal, particularly among the elderly.

Hepatitis B is most commonly transmitted by sexual activity and exposure to tainted blood. Users of illicit IV drugs face the greatest risk. Two other above-average risk groups are: (1) teenagers and young adults in their twenties who are sexually active, have multiple partners, and have acquired sexually transmitted diseases, and (2) health care personnel, including physicians, dentists, nurses, and technicians. An estimated 200,000 to 300,000 cases develop each year, according to the Centers for Disease Control and Prevention (CDC).

If you receive three doses of the recombinant DNA-type vaccine during a six-month period, you can be about 95 percent sure that you're protected, says Raymond A. Strikas, M.D., medical epidemiologist at CDC. However, the vaccine is only about half as effective in elderly patients.

Full immunization for hepatitis B requires three shots. The series costs $130 or more and is covered by Medicare but not necessarily by health insurance. Some health care workers may be covered by their employer.

Especially for young adults. Measles made a comeback from 1989 to 1991—and not just among kids. During those years, 55,000 cases of measles were reported, compared to 1,000–3,000 cases per year for the previous eight years. Most of those earlier infections struck preschool children. Of the newer cases, almost one-fourth were adults age 19 or older. During the three-year epidemic, 166 people died of measles, 89 in 1990 alone.

If you were born in 1957 or later, you are less likely to have natural immunity to measles because you are less likely to have had the disease as a child, says Strikas. CDC recommends the measles vaccine for those born in 1957 or after, for health care workers, and for young adults on college campuses. People in other settings with high concentrations of people in a confined space are at higher risk as well and should be sure they receive the vaccine, says Strikas.

Chicken pox. Talk of a chicken pox vaccine has circulated for years, but, until now, it's been talk only. A chicken pox vaccine seems to be nearing approval, though exactly when is anyone's guess. Expectations are that the new vaccine will be used primarily for children, but adults also will be eligible to receive it.

For the little ones. Two organizations publish recommended schedules



PARENTS' GUIDE TO IMMUNIZATIONS

	DTP[1]	Polio	MMR[2]	Hepatitis B*	Haemophilus	Tetanus-Diphtheria
Birth				✓		
1-2 months				✓		
2 months	✓	✓			✓	
4 months	✓	✓			✓	
6 months	✓				♦	
6-18 months				✓		
12-15 months					♦	
15 months			✓			
15-18 months	●	✓				
4-6 years	●	✓				
11-12 years			▼			
14-16 years						✓

SOURCE: AMERICAN ACADEMY OF PEDIATRICS

Note: Your doctor may recommend a different schedule of vaccines.

[1]Diphtheria/Tetanus/Pertussis

[2]Measles/Mumps/Rubella

▼ Except where public health authorities require otherwise.

♦ Depends on previous Haemophilus influenza type B vaccine given.

***Infants of mothers who tested seropositive for hepatitis B (HBsAG+) must receive hepatitis B immune globulin (HBIG) at or shortly after the first dose. These infants also will require a second hepatitis B vaccine dose at 1 month and a third hepatitis B vaccine injection at 6 months of age.**

● For the fourth and fifth doses, the acellular (DTaP) pertussis vaccine may be substituted for the DTP vaccine.

for childhood immunizations: the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP). The schedules differ slightly, which explains why your child may get the shots at a different time than your neighbor's child. The child vaccination schedule, *left*, is based on the recommendations of AAP.

Free vaccines? The cost of immunizing a child has risen approximately 1,000 percent between 1977 and 1992. At present, there is little likelihood of a new federal program to make immunizations free to all children. Free shots, say proponents, would help raise the immunization level above the current rate of 60 percent among kids.

Currently, in all states, poor families are eligible for free vaccines at public health clinics. In some states, all children may receive the free vaccines. If you cannot afford to have your children vaccinated, check with your local health department to see if your family meets eligibility standards for free shots.

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BY ANDREA ATKINS

IS YOUR CHILD READY FOR KINDERGARTEN?



Micheline DiNardo was perfectly happy with her plan to send her son Bart to kindergarten in the fall. After all, he was going to be five in November, six weeks before the cutoff date.

But her confidence began to wither as more and more people questioned her decision. "He has a late birthday," they said. "And he's a *boy*."

"People were coming out of the woodwork," recalls DiNardo of Rye, New York. "They were pointing out potential problems for my son. It was really putting me into a spin. Every person I talked to had a different answer."

In the end, DiNardo consulted with Bart's preschool teacher, talked to school district officials, and trusted her own instincts. She enrolled him in kindergarten.

The dilemma. More and more parents are wrestling with "The Kindergarten Dilemma"—the issue of whether your child is "ready" for kindergarten. Many educators say it shouldn't be a dilemma at all.

"The problem has been invented in the last decade," says Lorrie Shepard, Ph.D., a professor of early childhood education at the University of Colorado. "Once you start thinking it's an issue, it feeds on itself."

Shepard doesn't deny that there are some children with disabilities who may need extra assistance. But, she says, keeping them home or in another year of preschool isn't necessarily what they need. Shepard says age alone is not a reason to delay your child's school entry. "Study after study shows that kids who were held out or placed in extra-year programs do no better than kids who start when they're supposed to," she says.

If that's so, how did we get into this situation, where as many as 25 percent of eligible children are being held out a year by their parents?

"It started in the early 1980s when all these commissions were saying school needed to be more rigorous," says Susanne Holloman, Ed.D., principal of the North Mianus Elementary School in Greenwich, Connecticut, and coordinator of that district's kindergarten programs. "In some districts, kindergarten began to look like first grade. Five-year-olds couldn't do the work that six-year-olds were expected to do. It encouraged parents to keep their children out. Then, articles in the popular press said a child would do better if he or she waited a year," Holloman says.

The National Association for the Education of Young Children (NAEYC) debunks this belief. "We think the real pressure on kids to be ready is a product of changes in the kindergarten curriculum," says Sue Bredekamp of the NAEYC. "It used to be that children went to kindergarten to get ready for school. But, as kindergarten has started to look like first grade, more and more children have struggled and failed. People want to protect their children from this unnecessary struggle and failure," she says.

Does testing work? Although meant to determine a child's potential for success in kindergarten, readiness tests have accelerated the controversy.

The most widely known readiness test, The Gesell School Readiness Screening Test, has been criticized by some education experts as an unreliable predictor that finds readiness in only about half of the kids tested. Yet, it is used to place children in kindergarten classes in about 20 percent of American school districts.

Louise Bates Ames, Ph.D., associate director of the Gesell Institute in New Haven, Connecticut, says the criticism is unwarranted. She says the test—which assesses a child's *developmental* age in comparison to *chronological* age—is the best measure available. The institute believes that young children must possess certain skills before they can succeed

continued on page 40

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KINDERGARTEN READINESS

continued from page 38

in school. Some of these are: large motor skills (standing on one foot, skipping); fine motor skills (the ability to place pellets in a bottle or to hold a pencil); verbal skills (the ability to repeat a series of words or numbers); and social skills (how they react to others).

Bredekamp disagrees. She says readiness tests measure your experiences, not necessarily your potential or even your intelligence. "It examines where you've been, not where you can go," she says. "Besides, kids are not good test takers. The results one day could be different another day."

"Your child should not be required to pass any formal assessment to enter kindergarten," says Bredekamp. In fact, she adds, your child has a legal right to enter school if he or she meets the minimum age cutoff, regardless of what school officials recommend. You should also know that, legally, you have the right to be with your child when the test is administered, Bredekamp says.

IS YOUR CHILD READY?

"The only fair criterion for kindergarten entry is chronological age," says John Love, Ph.D., senior researcher with Mathematica Policy Research, Inc., a New Jersey think tank, and the author of a U.S. Department of Education report on kindergarten transitions. Love thinks that if your child is five in time to start school, he or she will probably do just fine—unless the kindergarten program is designed for older children.

Some parents believe that, even so, keeping a young child out is the prudent thing to do because of the benefits gained from being the oldest in the class. The problem with that thinking, says Shepard, is that there are no true benefits to being the oldest. On average, by the third grade, any seeming age benefits disappear. And, if your child is entering a developmentally appropriate curriculum—one that meets kids at whatever developmental stage they happen to be—the age span will be irrelevant.

"Kindergarten should meet the needs of all children—ones who may not recognize any alphabet letters and ones who are already reading," Holloman says.

Girls before boys? Although studies have confirmed what parents have long observed to be true—that girls mature faster than boys—gender is not by itself reason to keep a child out for a year.

For one thing, not all boys are slower than all girls. In any kindergarten class there are bound to be examples of slower developing girls and faster developing boys. And eventually, according to researchers, most of those boys and girls who are immature at age five catch up with their peers.

Before making a decision, parents need to weigh a host of factors, including ones down the road. The child who is held back will be older than classmates, perhaps first to sexually mature and to get a driver's license. Not all kids (or parents) are comforted by these outcomes.

How to prepare your child. No matter your child's age in relation to the school entrance cutoff date, he or she will get a better start if prepared for school, say most educators. That preparation does not mean learning the alphabet or knowing how to add and subtract.

"The best way to get a child ready for school is to read to him," says Carol Seefeldt, Ph.D., professor of human development at the University of Maryland. "Also, there should be a lot of opportunities for drawing, painting, and working with other materials in the house. Let your child draw by herself—not in a coloring book," she says.

Kids also benefit from being around other kids. Make sure your child has plenty of opportunities to play with peers. That may mean preschool, but if you can arrange play dates, you can accomplish some of the same things.

Appropriate skills. A child entering kindergarten should be able to:

- show excitement about learning and school.
- separate from parents with minor difficulty.
- put on a hat or a coat (but not necessarily tie shoes).
- make some choices without help.
- work well in a group of youngsters.
- correctly follow simple directions.
- take care of basic toilet needs.
- communicate verbally.



A child's behavior in the spring before kindergarten may be quite different when September rolls around.

Failure to meet any of these criteria does not signify the need to delay school entry. As you make these assessments, remember that the child next door may be six months older than your own. That's a long time in a child's life, so try to look at your child in the context of others who are the same age.

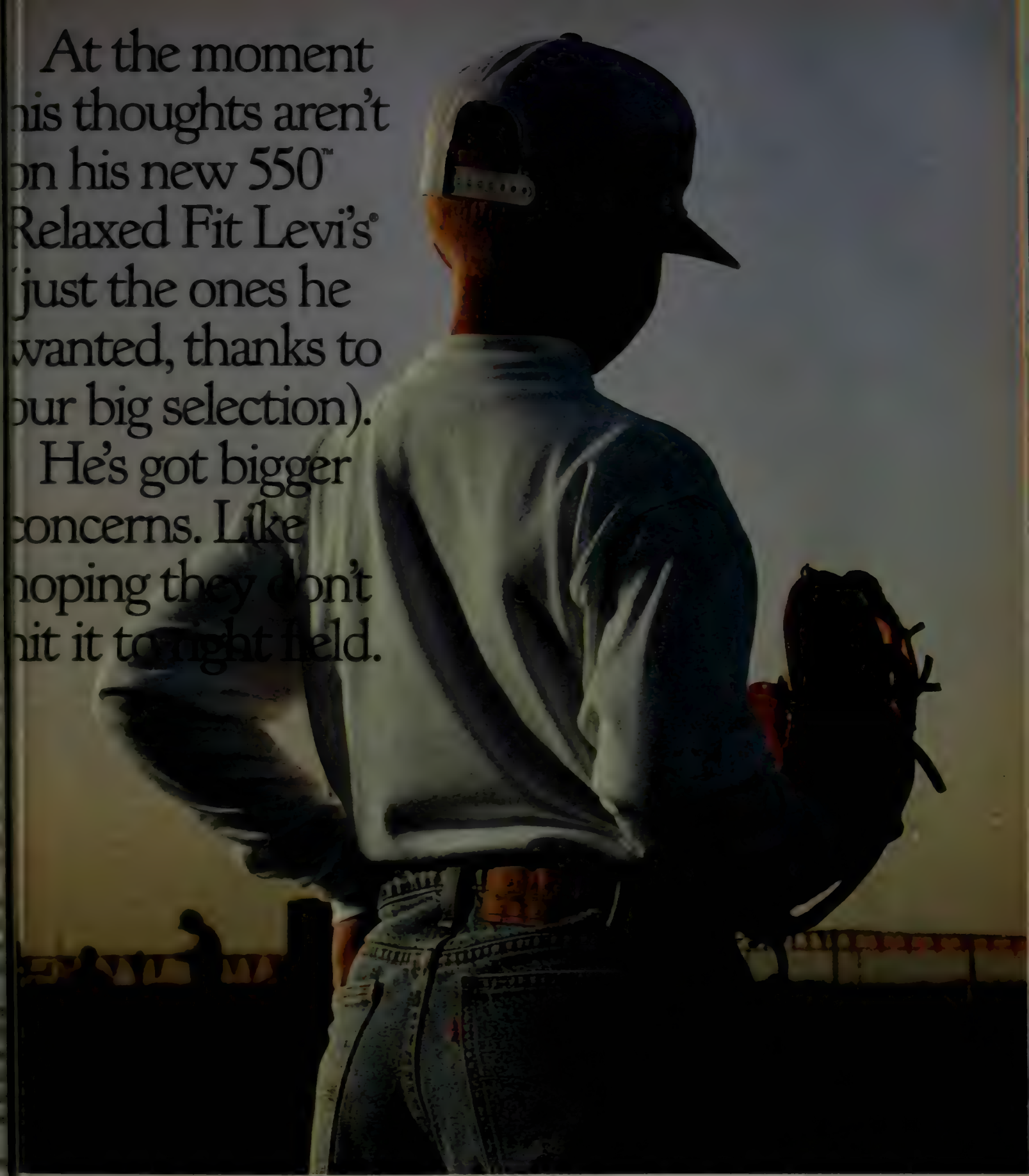
"Trust your child's capabilities," says Bredekamp. "A child's growth is not even. A kid may start out struggling, but by Christmas break, make huge leaps," she says.

She also points out that the children who appear to be growing more slowly are probably the ones who need school the most.

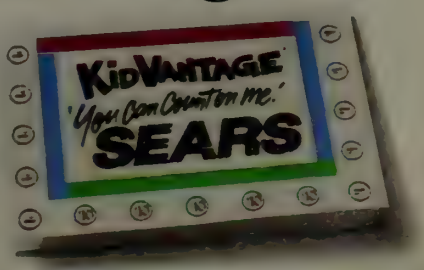
Holloman agrees, and urges parents to delay the decision for as long as possible. A child's behavior in the spring before kindergarten may be quite different by the time September rolls around.

In the final analysis, you know your child better than anyone else. You should make a decision that you are going to be most comfortable with, based on your assessment. If your child attends preschool, the preschool teacher has observed your child's progress in a school environment, and can give good advice.

For more information, write for "Ready or Not: What Parents Should Know About School Readiness." Send a SASE to: NAEYC, Dept. BHG, 1509 16th St., NW, Washington, DC 20036.



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cumulate $100 or more in kids' clothing or kids' shoe purchases on your KidVantage card and you can redeem it for 15% off your t purchase. All kids' clothes and kids' shoes that wear out before they're outgrown will be replaced in the same size. Applies to rchandise bought in Sears U.S. retail stores only. See store for details. © 1993 Sears, Roebuck and Co.

DECORATING Q & A
Answers to your questions

MIXING FLOORING MATERIALS AND COLORS

Q. *I'd like to put hardwood flooring in my den and maybe a light beige carpet in the bedrooms, but the other rooms in the house have tan carpet. I'm afraid using different floor coverings will give the house a chopped-up look (all of my rooms are small). Should everything be done in the same floor covering? Should I consider recovering all the floors at the same time?*

A. Gone are the days when we had to be concerned about matched furniture within a room, or even matched styles from room to room. Floors, too, can take a decorating leap from the matched mindset. Simply keep the floors in about the same color tone to tie together flooring materials that aren't perfectly in step with each other. As long as your tan carpet is in good condition, keep it. Select carpet for the bedrooms that is slightly lighter than the tan carpet in your other rooms.

Wood flooring in the den is a great idea—a nice visual relief from the sea of carpet. When looking at wood floors, consider money-saving, do-it-yourself floors by Bruce Hardwood Floors and Harris-Tarkett, Inc. For the nearest Bruce Hardwood Floors dealer, call 800/722-4647. Write Harris-Tarkett, Inc., for a free product catalog: Harris-Tarkett, Inc., P.O. Box 300, Dept. M, Johnson City, TN 37605-0300.

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CHOOSING COLORS

Q. *We are redecorating our living room and just painted the walls a mint green. I want the room to have an overall light-and-airy look, but I'm not sure what colors I should use on the sofa, chairs, draperies, and carpet.*

A. To get color inspiration, look at fabrics, art objects, posters, rugs, and even pictures of other rooms that show your minty wall shade in harmony with a rainbow of hues. Let this item work as your decorator by repeating the colors you like in your room. Use larger amounts of lighter, paler hues to give your room an airy look. For a burst of energy, insert small doses of the brighter, darker, or deeper colors on the furnishings you want to stand out and become more noticeable.

For answers to your decorating questions, write DECORATING Q & A, Better Homes and Gardens®, Dept. ID, Des Moines, IA 50309. Sorry, materials cannot be returned.

God Bless America!



Shown smaller than actual size of 8 1/4" in diameter

The Danbury Mint

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Where Eagles Soar

by Rudi Reichardt

A numbered limited-edition collector plate trimmed in 23kt gold

Painted in a rainbow of soft pastel ues, the Grand Canyon's vast expanse is awesome display of nature's power and ory. Against this heavenly backdrop of wering purple sandstone cliffs and deep nyon gorges, a great bald eagle soars in e sky. How fitting that one of our most ecious national treasures is also home to e majestic bald eagle – our national symbol.

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Limit: two plates per collector

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stationery objects

Turn plain papers into sophisticated sheets

Everyday pages snipped, stamped, stenciled, embossed, and pierced with easy-to-do patterns assume the look of fine handmade stationery. Craft stacks of designs for gift-giving days, then tuck some away just for you. *by* Jilann Severson



Star-spangled stencils

Purchased stencils rise to the occasion when embossing heavy papers. For fun, add similar stenciled designs.

Instructions, page 53

PHOTOGRAPHS: MICHAEL WATSON DESIGNS: JIM WILLIAMS



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stationery objects



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Instructions, page 53

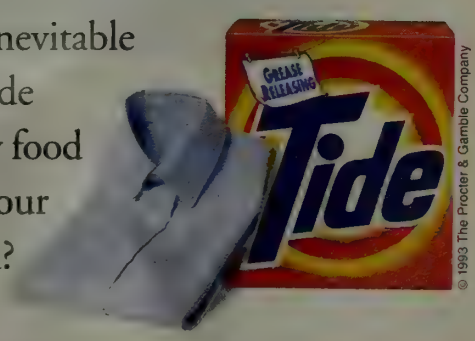
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TWIRLING SPAGHETTI TAKES YEARS TO PERFECT,



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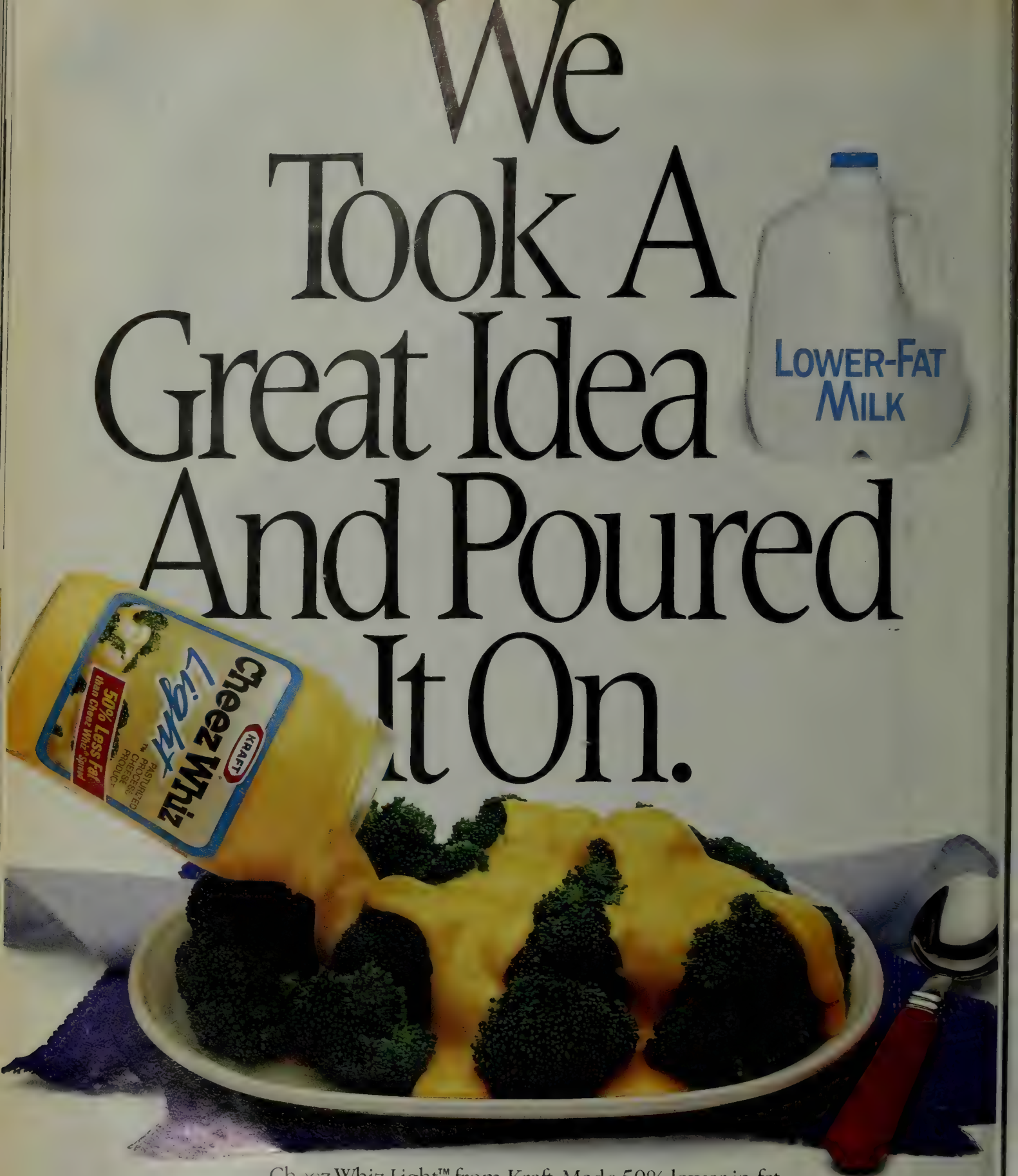
Kids don't just eat spaghetti–they wear it. But those inevitable stains are no longer impossible stains, now that Tide has grease releasers. Just pretreat, and almost any greasy food stain will disappear without a trace. The rest of your wash will come out terrific, too. Pretty neat, huh?



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Lower-Fat Milk Makes 'Em Light. KRAFT



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Hearts and flowers

Cupid pierces this heart with a needle, not an arrow, for a subtle romantic design at the top of store-bought stationery. For an equally sophisticated look, cut a simplified fleur-de-lis from one or more corners of a heather-toned sheet.

Instructions, page 53

"We're looking for people to write children's books"

by Alvin Tresselt, *Dean of Faculty*

"Writing for children is the perfect way to begin," says the author of 53 children's books. "Your ideas come right out of your own experience. And while it's still a challenge, it's the straightest possible line between you and publication—if you're qualified to seek the success this rewarding field offers."

IF YOU WANT TO WRITE and see your work published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life. And while it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin, to break into print, to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 40 years of editing, publishing and teaching (and 53 books of my own), I can tell you this: You'll go a long way before you discover anything as rewarding as writing for children.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that truly reach young people is an experience you'll never have anywhere else.

The soaring children's market

But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to tap it. More than $1.5 *billion* worth of children's books are purchased annually and more than 300 of the 500 publishers of books related to children welcome manuscripts from aspiring writers. And over 400 magazines rely on freelancers to fill their issues.



An old mansion nestled deep in the woods of Connecticut is the home of the Institute of Children's Literature. It was founded in 1969.

Yet two big questions bedevil nearly every would-be writer…"Am I really qualified?" and "How can I get started?"

"Am I really qualified?"

This is our definition of a "qualified person": it's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for at the Institute of Children's Literature®. The reasons are simple: Our reputation is built on success and if prospective students don't have the aptitude it takes, we probably can't help them. And we tell them so; it's only fair.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into the Institute without passing it. Those who pass and enroll receive our promise:

You will complete at least one manuscript ready to submit to a publisher by the time you finish the course.

One-on-one training with your own instructor

This is the way I work with my students, and my fellow instructors—all of whom are experienced writers or editors—work more or less the same way.

- When you're ready—at your own time and your own pace—you send your assignment to me.
- I read it and reread it to get everything out of it you've put into it.
- Then I edit your assignment just the way a publishing house editor would—if he had the time.
- I return it along with a detailed letter explaining my comments. I tell you what you strong points are, what your weaknesses are, and just what you can do to improve.

It's a matter of push and pull. Yo push and I pull and between us both you learn how to write and how to market your writing.

The proof of the pudding

This method really works. I wouldn spend five minutes at it if it didn't. The proof of the pudding is that some of our students break into print even before they finish the course.

Connie Wooldridge, Philipsburg, PA, who has sold two stories to *Highlights for Children* says, "As an at-home mother of four, I have so appreciated the way the Institute is set up: it has provided me wit the professional contact and guidance I needed to get a serious start as a writer without the hassles of babysitters, long drives, and hard deadlines."

"—finally…the support and direction I needed."

"The letter with the return of my first assignment was so kind and encouraging I started to cry," writes E.D. Mahr, Hinsdal IL. "Here, finally, was the support and direction I needed."

Ken Fleming, Staten Island, NY who reports a sale to *Cricket* Magazine says, "To know that more than 120,000 children will be reading my words gives me a feeli of great satisfaction. Thank you all for giv me so much for so little."

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Alvin Tresselt, Dean of Faculty, was Executi Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine* for children, and a board member of the Authc Guild. His 53 books for young readers have sold over two million copies.

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STATIONERY OBJECTS

continued from page 51

GENERAL INSTRUCTIONS FOR HAND-EMBELLISHED STATIONERY, PAGES 46–51

The techniques shown and many other crafting techniques can be modified to whatever papers you choose.

Materials: Good-quality paper, sharp scissors, and a smooth work surface make crafting easier. Always perfect a technique before using good paper.

Techniques: Use the techniques shown on *pages 46–51* and those described *below,* as well as other crafting techniques. Methods can be combined or further embellished.

Embossing: Tape purchased or self-cut stencil to light box or brightly lit window, right side down. Hold or tape paper over stencil, right side down, positioning as desired.

Gently run embossing stylus (available at crafts and art stores) along inside edge of stencil cutout. *Note:* If cutout section of stencil is hard to distinguish, lightly line cut edge of stencil with permanent marker.



A purchased stencil and stylus make embossed designs a snap.

For further interest, alternate embossed patterns with stenciled patterns, using the same or coordinating stencil templates.

Cutting: After initial design is worked out on a sample sheet of paper, cut cardboard or plastic stencil for cutting remaining sheets.

For fleur-de-lis: Lightly draw curve around one corner of paper. Draw 3 connecting ovals at outer edge of curve. See photograph on *page 51* for detail. Make any adjustments; cut out.

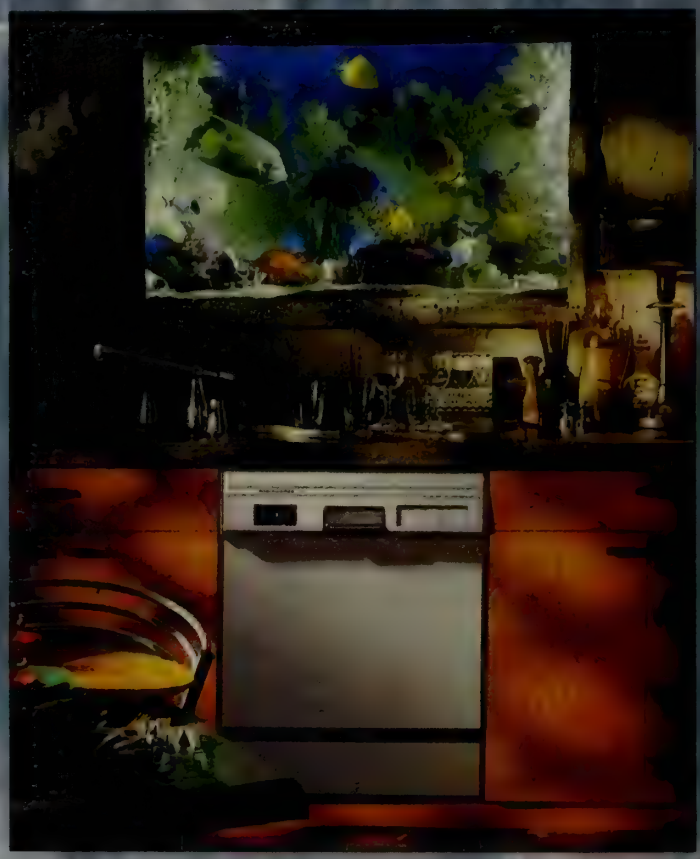
For pickets: Divide narrow end of stationery into even number of pickets; lightly trace zigzag tops of pickets. Punch hole at base of each picket. See photograph on *page 48* for detail. Cut away remaining paper along traced line. Pickets may also be cut as scallops instead of points.



Punch holes at the base of drawn pickets, then cut excess paper away.

Piercing: Lightly draw simple shape such as heart or star at top of paper, centering. Draw even grid inside shape, spacing lines approximately ¼ in. apart. Lay paper over folded towel; pierce with large needle at intersections of grid. Carefully erase lines.

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HOME *of the* year



BY STEVEN GREENHUT AND REBECCA JERDEE

Grab your hiking gear, mountain bike, or rod and reel. We're traveling to the Pacific Northwest—site of the 1993 Better Homes and Gardens® Home of the Year.

Built amid tall timber, snowcapped mountains, and fog-shrouded harbors, this year's winning design is completely rooted in its Washington-state locale. Incorporating today's most forward-thinking building innovations, our home offers a rare blend of style, comfort, and efficiency.

Glance at an exterior that's greater than the sum of all its parts. Taking cues from the Prairie School of design, architect Kenneth Dahlin crafted a home where each element—from its simple lines to its natural materials—uplifts the whole rather than grabs its own glory.

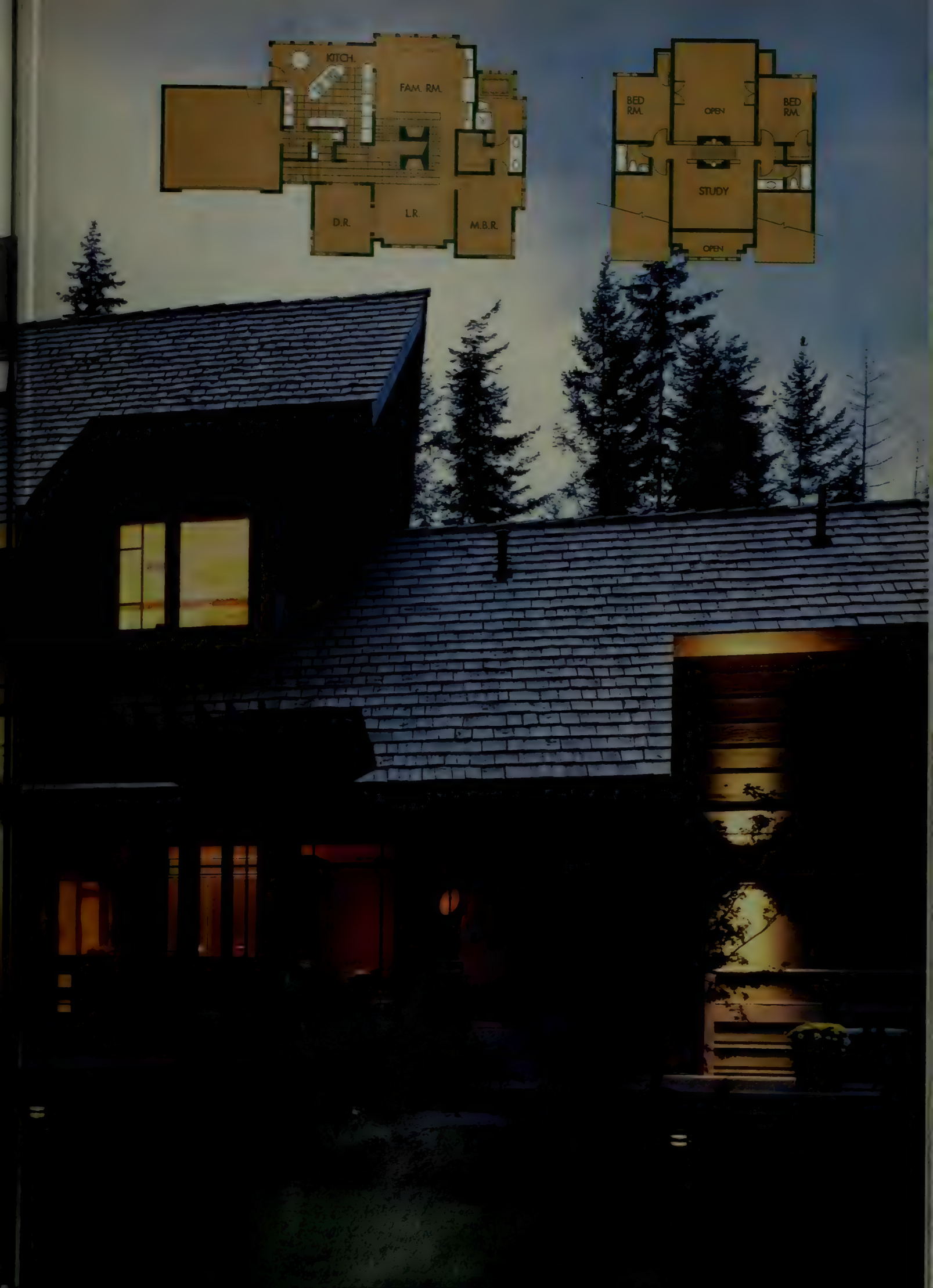
To order plans for our Home of the Year, see page 70.

HOME *of the* year

The wood cladding wraps the house in the texture of the forest. Expansive wood decking, surrounded by lush plantings, keeps a low profile to unify the structure with its yard.



Windows: HURD A... SIMPSON DOOR COMPANY. Garage door and opener: STANLEY DOOR SYSTEMS. Skylights: VELUX-AMERICA, INC. Lap... PLYWOOD ASSOCIATION. Exterior trim: PLY-TRIM. Deck/trellis/bench material: WESTERN WOOD PRODUCTS ASSOCI... ...LE. Outdoor furniture: BROWN JORDAN.
Lights on the house: THOL... ...voltage landscape and deck lighting: INTERMATIC, INC. Paint: DUTCH BOY.


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L.R.
M.B.R.
BED RM.
OPEN
BED RM.
STUDY
OPEN





HOME *of the* year

The home's elegant proportions and the precise geometry of its windows blend harmoniously. The chimney, with dual stacks separated by a sky-capturing opening, is an artful focal point. Details such as the pagoda-like flair in the roofline serve a higher purpose—in this case, to reflect Japanese tradition that influences Northwest design. Another key to this home's graceful drama is the way it merges into the land. The roof swings so low that it's almost an extension of the hillside.

Step inside for a two-sided story—one public, one private. Back-to-back fireplaces at the core of the house face outward to nature: one to the public street, one to the private yard, suggesting the two ways of life under the hospitable roof.

Here, the formal living and dining rooms invite ceremony. Tall and graceful wood windows, covered with privacy-controlling silhouette shades, are topped with transoms to offer stately elegance. A cutout above the sofa alludes to the lofty second-floor space. Yet, the rooms have distinct boundaries rooted in tradition. White sofas and slipper chairs request that you mind your manners in the living room. Dinner is served on the other side of the columns, where you'll sit on rake-back chairs that gather round a brother's table.



Come around to the private side of the house, where the living is easy and the interior architecture, the finishes, and the furnishings refine the natural theme.

Low-voltage lights: CAPRI. Dining room lights: THOMAS INDUSTRIES. Living room and dining room furniture: LINEAGE. Shoji screen: BUSH WOODCRAFT. Dining room glassware: SCHOTT CRYSTAL. Stereo speakers: BANG & OLUFSEN. Windows: HURD MILLWORK COMPANY. Window shades: HUNTER DOUGLAS. Wide-plank red oak flooring: RAPPGO BY NORDIC AMERICAN CORP. Area rug: COURISTAN. Carpet: DUPONT STAINMASTER

1 **The living room windows are outfitted with removable geometric grids that echo the tile and wood patterns found throughout the house.**

2 **A columned opening between the dining and living rooms creates an expansive appeal without detracting from each room's intimacy.**

3 **Carved between the dual fireplaces, the stairway allows tempting views of the family room as it winds past the exposed stainless steel flues.**



Bands of horizontal trim help anchor the room at eye level. Unglazed ceramic tiles wrap the fireplace in a palette of grays for cool contrast to the warmth of the natural Douglas fir woodwork.

HOME *of the* year



Windows: HURD MILLWORK COMPANY. Doors: SIMPSON DOOR COMPANY. Door hardware: SCHLAGE LOCK COMPANY. Wide-plank red oak flooring: RAPPGO BY NORDIC AMERICAN CORP. Gas-log fireplace: MAJESTIC. Stereo and built-in speakers: BANG & OLUFSEN/MAGNOLIA HI-FI AND VIDEO. Large-screen television: RCA. Furniture: LINEAGE. Low-voltage lights: CAPRI. Skylights: VELUX-AMERICA, INC. Home automation: HONEYWELL. Plants: COMMERCIAL INTERIORSCAPES. Paint: DUTCH BOY.



4



5

HOME *of the* year

The heart of this home's informal living spaces, the family room brings views and sunlight inside with a wall of glass doors and operable transom windows, as well as six electronically controlled skylights. Even in this rain-soaked climate, the soaring cathedral ceiling, the open spaces between adjoining rooms, and the interior bedroom windows carry light through the house.

This open approach yields a bright contemporary appeal. Yet, this home's view of contemporary is warm and relaxing because of the rich woodwork. The doors and trim, the built-in media center, and the mantel are carved from Douglas fir.

Although the ceiling may soar toward outer space, down-to-earth furnishings anchor the informal living area securely to the ground. Squashy seating and the communal ottoman, upholstered in seersucker as comfortable as a summer suit, invite kicking back with friends and pivoting toward the television, fireplace, or outdoor view.

The kitchen, like the northern lights that cheer this region's rainy skies, provides a radiance that inspires the spirit. Here's what contemporary should be—strikingly stylish and simply efficient, yet comfortable and relaxing. Frameless cabinets sheathed in a luminous gray and black laminate set a modern sophisticated tone. Adding sleekness are radius cabinet doors and shelves and stainless-steel-covered appliances that are seamlessly built into the cabinetry.



Cabinets, hardware: ULTRACRAFT. Refrigerator, cooktops, ovens, dishwasher, compactor, microwave: KITCHENAID. Counters: FORMSTONE BY AVONITE. Sinks, faucets: KOHLER. Oak floors: RAPPGO BY NORDIC AMERICAN CORP. Doors: SIMPSON DOOR CO. Door hardware: SCHLAGE LOCK. Table, chairs: LINEAGE. Large bowl: ANDREWS & ARNOLD. Low-voltage lights: CAPRI. Home automation: HONEYWELL. Stereo: BANG & OLUFSEN. TV: RCA.

4 **A beige-colored wooden sister's table and woven leather chairs soften the man-made edges of the laminate kitchen with earth's textures.**

5 **Above the main sink, an open area lets the cook watch the large-screen television or speak with those relaxing in the family room.**

6 **A tile-wrapped wet bar with custom fir cabinetry is nestled in the passageway between the family and living rooms for access to refreshments.**


8


7







HOME *of the* year

Gray solid surface counters, punctuated by a black feature stripe and two shapely black sinks and faucets, continue the cool colors. Likewise, a dark-gray ceramic pattern highlights a sea of light-gray floor tile in the work area. Although the colors and curves create a high-tech attitude, the kitchen's open floor plan and abundance of woodwork give it a warm, human edge.

An efficient work triangle and the adjacent cozy breakfast nook are always a pleasure to be in, thanks to the overflowing light from the generous ceiling grid and rows of low-voltage downlights. Wall-to-wall glass keeps natural elements in view.

Night or day, the master suite wraps its inhabitants in absolute comfort and peace. By day, the outdoors spills into the modest-size spaces through wall-to-wall windows, giving the rooms a larger sense of themselves. Views borrowed from the landscape expand the mind as the body steps over the stony field of tile to soak up the luxuries of the

Windows: HURD MILLWORK COMPANY. Doors: SIMPSON DOOR COMPANY. Door hardware: SCHLAGE. Window shades: HUNTER DOUGLAS. Low-voltage lights: CAPRI. Bathroom light: THOMAS INDUSTRIES. Carpet: DUPONT STAINMASTER. Ceiling fan: HUNTER. Bathroom tile: MANNINGTON. Vanity cabinet: ULTRACRAFT. Countertops: AVONITE. Whirlpool tub, sinks, faucets, shower enclosure, programmable shower: KOHLER. Mattress, spring: DIAL-A-MATTRESS. Bedroom furniture and bathroom bench: LINEAGE (Enter the Lineage Innovations in Housing sweepstakes and you can win one of 15 iron chairs. See page 67 for details.)

7 **With its large windows and cathedral ceiling, the master bedroom lives larger than its dimensions.**

8 **Unglazed stone-colored tile offers the ambience of limestone. Five different tones of green accent tile create a gradation of rain-washed color. To complement the tile, green cabinets are accented by earth-toned counters and sinks. The programmable shower control and oversize whirlpool achieve a new level of comfort.**

HOME *of the* year

tub and shower, or over the grassy carpet to sit in the sunny bedroom bump-out. If the landscape becomes too mind-stretching, pleated shades drop down to close out the view and offer privacy.

By night, the gracious rake-back bed welcomes with open arms, resting sleepers assuredly on a pillow-top mattress. The star quilt and sun-washed linens, pooled over goose-down comforters, show their spirit-lifting colors by day and their down-under comforts by night.

As in the rest of the house, the sky colors and earthy wood finishes in the bedroom and the natural limestone-hued tile with lush green accents in the bathroom are keyed to the northern lights and forested sights beyond.

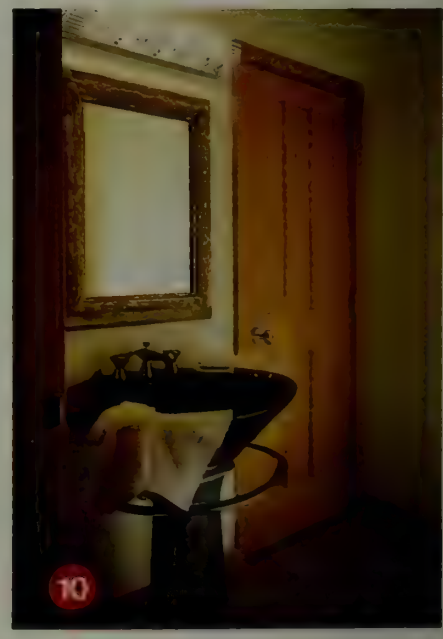
Our Home of the Year is packed with great products and techniques that you can incorporate in your own home. Many of these innovations will grab your attention, like the programmable shower, sleek laminate cabinets, and dramatic open spaces.

Others work their magic behind the scenes, like the zoned heating and cooling sytem, the whole-house ventilator, the built-in stereo system, and the sophisticated security and lighting controls.

Unlike some futuristic dream homes, all of these leading edge ideas are readily available right now. In the next couple of pages, you can take a closer look at the details that make the difference in this house.



9 **Lying low under the treetop roofline, end-to-end chaise lounges, side tables, and lamps create twin reading nests in the upstairs loft.**



10 **Just off the main entry, this small powder room packs plenty of style. The centerpiece is a sleek pedestal sink with a curved towel bar.**

Sink, faucets, towel bar: KOHLER. Vanity light: THOMAS INDUSTRIES. Doors: SIMPSON DOOR CO. Door hardware: SCHLAGE LOCK COMPANY. Furniture, lamps: LINEAGE. Glassware: SCHOTT CRYSTAL. Wood chargers, bowls: SELANDIA DESIGNS.



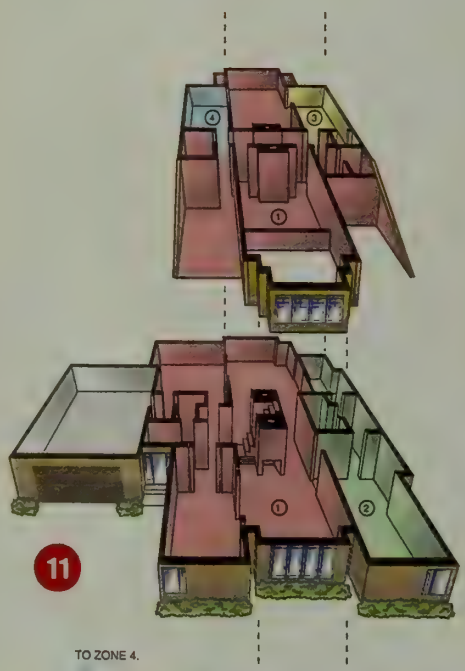
Discover how Lineage can bring innovation into your home. Visit your Lineage dealer now through September 7 and enter our sweepstakes drawing. You could win the graceful iron and rattan chair pictured above.

See your local Lineage dealer listed after page 84 or write to Lineage for official rules.

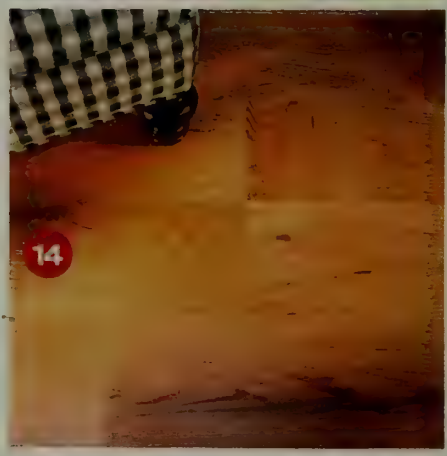
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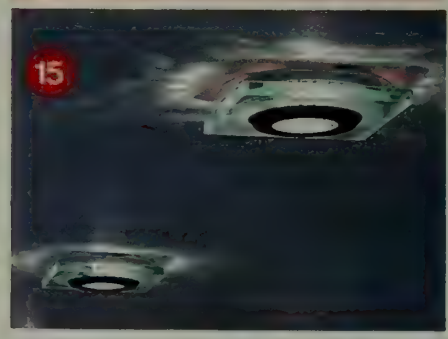
HOME
of the year













11 To keep this home comfortable, a Lennox high-efficiency furnace and central air-conditioning system is connected to four zones. Electronic baffles in the ducts regulate airflow. Each zone has its own thermostat, so you can set a comfortable temperature in every area and avoid the hot and cold spots that may occur in homes with abundant windows.

12 From this easy-to-use keypad, you can control the home's security, lighting, appliances, and temperature. Program the house to fit your lifestyle. Changes can be made from any push-button phone.

13 Chrome door hardware fastened to solid Douglas fir doors ensures crisp, effortless exits and entries.

14 Eight-inch-wide red oak floorboards, installed in a diagonal design, offer a sophisticated style that's ideal for contemporary homes. Made with a thick solid-wood veneer, which can be refinished several times, the flooring is fused onto laminate panels to resist warping.

15 Seventy-two low-voltage fixtures keep this home awash in reading and work light without significantly boosting the electric bill.

16 The second-story bedrooms have interior skylights and windows so they can share in the sunshine and moonlight that the six exterior skylights draw in.

Wood flooring: RAPPGO BY NORDIC AMERICAN CORP. Home automation: HONEYWELL. Low-voltage lights: CAPRI. Doorknob: SCHLAGE. Skylights: VELUX-AMERICA, INC. Heating and cooling: LENNOX INDUSTRIES.

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HOME *of the* year



This year's design, by architect Kenneth Dahlin, won top honors in Innovations in Housing, an annual design competition sponsored by the American Plywood Association, *Better Homes and Gardens®*, *Builder*, and *Progressive Architecture*. The home was built by Galla Construction. The landscape design was provided by Edward Chaffee and Associates. Furniture was provided by Lineage Home Furnishings. Here's the crew that made this project a success (clockwise from back row, left): Randy Galla, Galla Construction; Steven Greenhut, *Better Homes and Gardens®*; Kenneth Dahlin, Genesis Architecture; Ron Galla, Galla Construction; Rebecca Jerdee, *Better Homes and Gardens®*; Maryann Olson, American Plywood Association; Thomas Rickard and Edward Chaffee, Edward Chaffee and Associates.



Other innovative products include built-in speakers that have their own amplifiers so you can control the volume on each set with the touch of a remote. Instead of noisy bathroom and kitchen vents, a whisper-quiet whole-house ventilating system removes moisture and cooking odors automatically.



17 The guest bed stretches its posts upward to link with the architecture.

18 Closets are packed with storage space thanks to these durable steel organizers.

Windows: HURD MILLWORK COMPANY. Carpet: DUPONT STAINMASTER. Furniture and lamp: LINEAGE. Linens: LANDS' END. Mattress, spring: DIAL-A-MATTRESS. Blinds: HUNTER DOUGLAS. Closet organizers: STANLEY HARDWARE. Deck/trellis/bench material: WESTERN WOOD PRODUCTS ASSOCIATION and MCFARLAND CASCADE.

IF YOU'D LIKE HOME PLANS

Here's how to order complete plans for the Home of the Year. Each plan includes complete construction drawings, foundation plans, and kitchen and bath details.

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The Home Builder's Package has enough plans for your general contractor, lenders, and subcontractors at a reduced price.

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1. Determine the number of plans desired and calculate the price from the list above. Add $4.50 per order for shipping and handling, plus sales tax* where needed.
2. Specify Plan Number 19308.
3. Send name, address, and check, money order, or credit card number to: BH&G Plan Sales, Box 9255, Dept. HP1, Des Moines, IA 50306.

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Buying information on page 88.

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by Sandra S. Soria and Rebecca Jerdee



Bedroom Wake-up Calls

Eye-opening *makeovers* with paint, linens, and wall coverings



When your bedroom decor becomes a real snore, it's easy just to roll over. Instead, snap out of it! Follow these easy-on-the-budget and *easy-on-you* suggestions for perking up that all-important private oasis. Our three makeovers—one with paint, one with fresh linens, one with wall coverings—will help you see a new dawn of style in your sleep spot.





Painted Magic

The owners of this 13×13 room enjoyed their former decor's bright airiness, but they dreamed of a more serene and sophisticated retreat that would reflect their love of nature. Here's how they changed their entire outlook with only a few gallons of paint and a minor reshuffling of furniture.

Stripe it rich. It takes more creativity than cash to dramatize a boxy room with paint. To stripe your walls, brush on a cream base, then use a level to draw lines 15 inches apart. Fill in alternate sections with taupe for a contemporary covering that soothes with its simplicity.

To the finish lines. An unfinished armoire offers another canvas for painted-on personality as well as a cache for multiplying electronics. To do our instantly old finish, *see page 80.*

Go easy. Thanks to such strong beginnings, a few changes complete the style switch. The bed gets back to nature with undyed linens and stony paint. Layered on the bed and on a sisal-look rug, kilims add needed color. ***Buying information, page 148.***



PHOTOGRAPHS: (ABOVE LEFT) SCOTT LITTLE; (RIGHT) KING AU





Sheet Success

Your room will flip over these reversible linens! Change the look with the season or on a whim using a mix of bright new sheets and our *Better Homes and Gardens*® Designs with Simplicity patterns. To double your decorating pleasure, simply turn the toss pillows and flop the comforter.

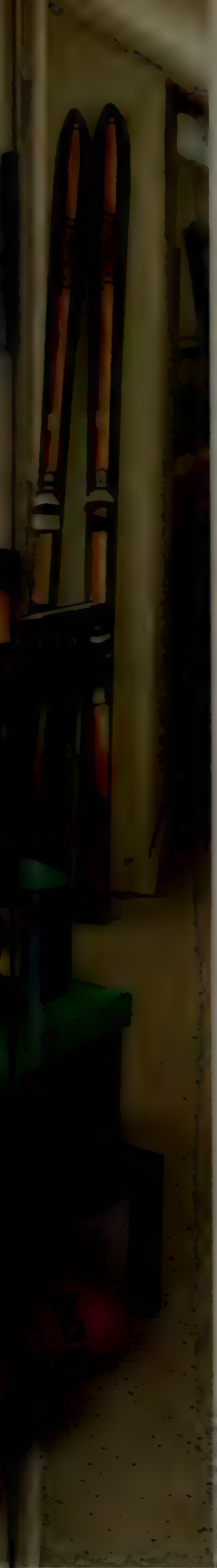
Toss and turn in style. Our Simplicity reversible bedroom package No. 8693 and bandbox pattern No. 8031 include instructions for making all the projects shown. To order the patterns, see *page 80.*

Pick a getaway. The right mixable linens can create two dreamy moods. The owners of this attic bedroom escape to a "ski lodge" in the winter. When spring comes, one flip of the comforter and pillows and their room moves to the garden. Bright solids from Martex and a romantic floral from Utica do the trick. What's your pleasure? You might mix hardy plaids with romantic florals or contrast neutral naturals with bright ethnic patterns. Use color to link the moods, and toss in solids to keep the patterns from overwhelming.

Find neutral territory. Clean backdrops and classic furniture make it easy to give your room a split personality. Here, creamy walls and carpet give the bold linens center stage. Against the blank canvas, accessories rotate as easily as exhibits in a gallery. Simple lines make a slatted bed and butterfly chair welcome in any decor.

Get scrappy. The projects shown use the equivalent of six queen sheets. Put the leftovers to work on fabric-covered boxes.

Buying information, page 148.



PHOTOGRAPHS: KING AU



AFTER



*t*ake *C*over

Mismatched groupings of beloved furniture were drifting away against the blah backgrounds of these adjacent mother and daughter rooms. Solution? The two searched out fun, charming wall coverings and coordinating fabrics to snap their spaces to attention.

Get it together. Coordinating wall coverings and fabrics work like a decorator to customize a scheme. This line of florals and geometrics for Seabrook by greeting card designer Mary Engelbreit offers enough pattern variety to create rooms that look finished but not too matched. In a child's room, use a border at mid-wall to put the fun at eye level. Vary patterns above and below the border for more interest. Mom's room gets romanced with a vintage, overall pattern. A ceiling-height border gives the boxy room architecture.

Take it to the limit. The charming wall coverings inspire clever custom work: Floors and furniture now wear the same patterns, enlarged for fun. For paint how-to, see *page 80.*

Sew up a happy ending. The matching fabrics on comforters, pillows, and curtains sew the rooms' elements into a neat package. ***Buying information, page 148.***





PHOTOGRAPHS BARBARA MARTIN REGIONAL EDITOR MARY ANNE THOMSON

Make it happen

HOW TO CREATE A WEATHERED FINISH

You don't need much time—or money—to create the weathered finish on this mail-order, unfinished armoire from Yield House. To do it:



Select unfinished furniture or strip secondhand furniture. Sand smooth.

Apply a wood stain following manufacturer's directions. We used Benwoods' Fruitwood 65 Interior Masking Stain 237 for this armoire. Allow the stain to dry for 24 hours.

Paint over the stain with a latex paint, such as Sherwin-Williams' Velvet Latex in Dillweed. Highlight the moldings with accent colors. This piece is outlined with Midas Touch by Sherwin-Williams. Allow to dry.

Sand the painted surface with an up-and-down motion. The more you sand, the more "weathered" the piece becomes. Sand more heavily at likely wear spots, such as around door pulls and on edges.

Finish with a protective coat of nonyellowing varnish. (Varnish will slightly darken the finish.) If you want your piece a shade darker, wipe the painted finish with a light wiping stain before varnishing.

HOW TO ATTAIN SHEET SUCCESS

Thread your way to a new bedroom style using *Better Homes and Gardens*® Designs with Simplicity patterns. The bedroom package No. 8693 includes patterns for making pillow shams, duvet and feather bed covers, table and bed skirts, toss pillows, and a magazine caddy (*shown on pages 76 – 77*). The bandbox pattern includes instructions for making and covering the smaller boxes (*shown here and on page 77*).

To make the larger fabric-covered boxes, use cardboard closet boxes and adapt the bandbox pattern to size.

To order the patterns shown: You can purchase *Better Homes and Gardens*® Designs with Simplicity bedroom pattern package No. 8693 or bandbox pattern No. 8031 from your fabric store or by sending $7.95 plus



$1.00 shipping (Canadian residents, please send $1.25—in U.S. funds only—for shipping) for each pattern ordered to: Simplicity Patterns, *Better Homes and Gardens*® Designs, P.O. Box 4005, Niles, MI 49120-7005. Please make your check or money order payable to: Simplicity Pattern Company. This offer expires *December 30, 1993.* Please allow four to six weeks for delivery.

OFF-THE-WALL PAINT IDEAS

Let a favorite wall covering inspire you to freshen dinged-up floors and furniture with a custom paint job. Here are some tips to get going on a new, pulled-together scheme:

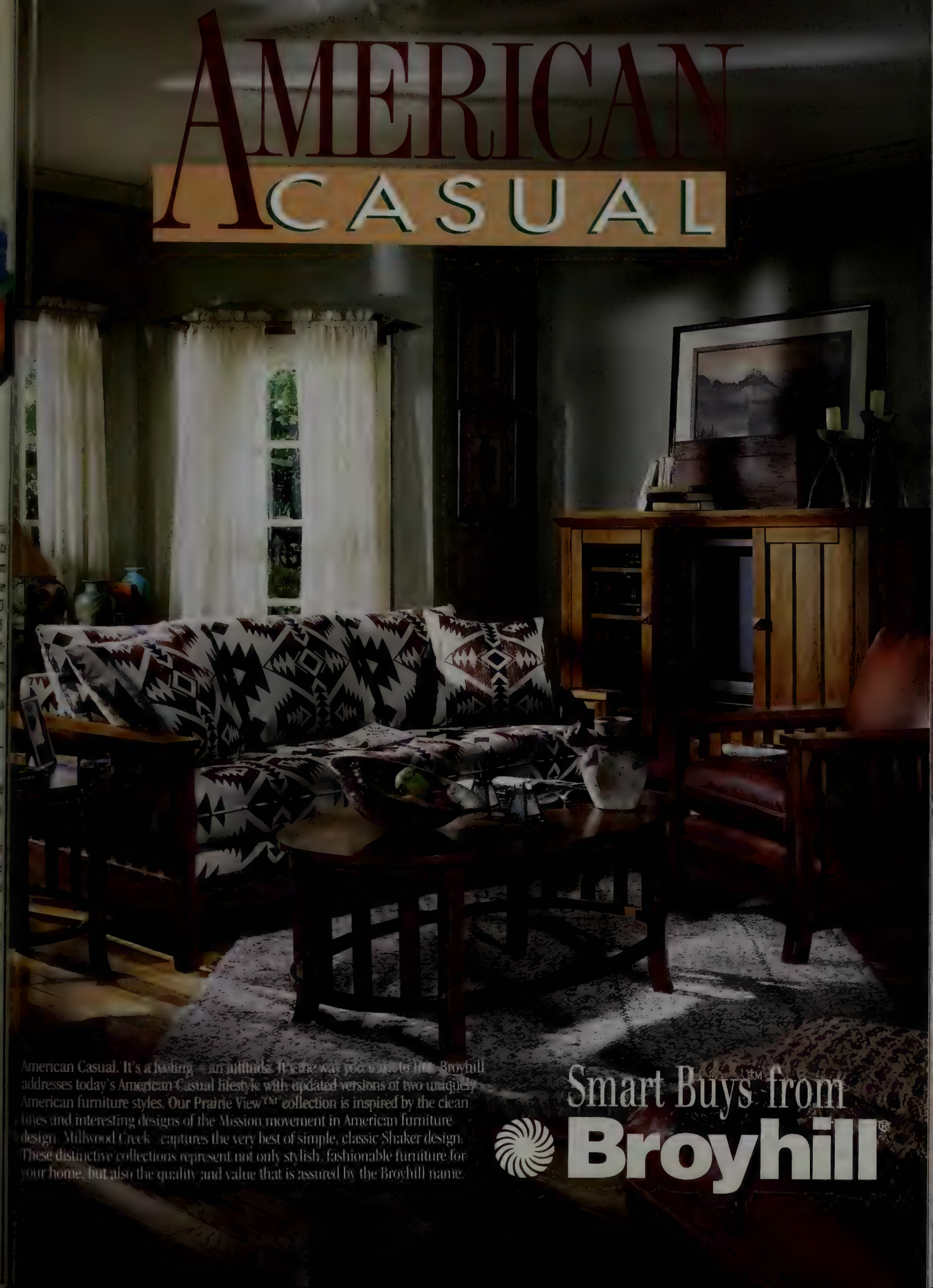
Prepare all surfaces by sanding all rough areas smooth and applying a liquid deglosser on any shiny finishes. Prime with a premium-bond primer.



Brush on a base coat of whatever color you desire, keeping in mind that the design will stand out better from a white or light background.

Transfer your design by using a copier machine to enlarge a section of the wall covering to the desired size. Cut out the pattern to use as a template. For straight-line patterns, such as the checkerboard border, draw lines with a level and a pencil, then mask off areas to be painted. For other patterns, such as the random dots used here, use common household items (cups, bowls, a thimble) as your stencil. Your imagination is the limit since you can always paint over mistakes.

Paint the design using hard-wearing enamels or polyurethane paints. Seal the design with a coat of clear, nonyellowing polyurethane.


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American Casual. It's a feeling — an attitude. It's the way you want to live. Broyhill addresses today's American Casual lifestyle with updated versions of two uniquely American furniture styles. Our Prairie View™ collection is inspired by the clean lines and interesting designs of the Mission movement in American furniture design. Millwood Creek™ captures the very best of simple, classic Shaker design. These distinctive collections represent not only stylish, fashionable furniture for your home, but also the quality and value that is assured by the Broyhill name.
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*Please see coupon on the fourth page of this advertisement for ...g magazine subscription offer, yours free for experiencing Broyhill's America... ...tions.

Add a splash of stylish color to your bedroom with the Millwood Creek Bannister Bed, $500. The fashionable green finish is also featured as an accent color on the Night Stand, $265, and Blanket Ches... $500. This finish blends beautifully with a wide range of col... palettes. The Door Chest, $800, featured in a warm honey pi... finish, offers the additional storage every bedroom needs.

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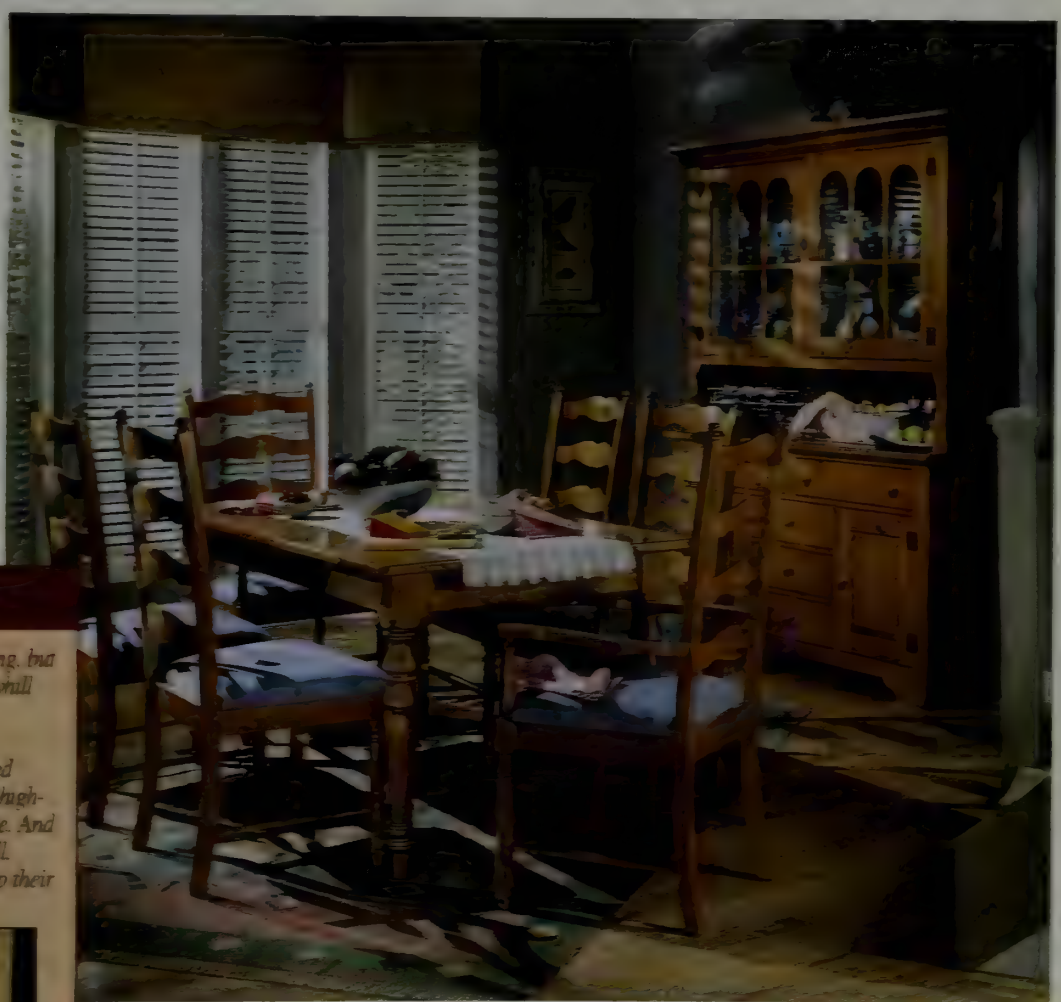
As featured on front: Prairie View Sofa, $1,035, Leather Arm ... $1,000, Leather Ottoman, $460, Cocktail Table, $300, Oval E... Table, $250, Entertainment Center, $1,150, Sofa Table, $300...



A door on the Millwood Creek Triple Dresser. $800, opens to reveal three tray drawers that are perfect for storing sweaters and other clothing items. The rich pine finish coordinates nicely with the green accented bedroom pieces. Also featured is the Carved Landscape Mirror. $195



Functional and stylish, the Millwood Creek Pie Safe, $690, is at home in any room. It can be used in the dining room or living room as a storage piece. In the kitchen, it functions wonderfully as a pantry.



The Millwood Creek Harvest Farm Table, $550, is the perfect starting point when creating a casual and stylish dining room. It features a traditional apron and beautifully turned legs. The Ladderback Arm Chairs, $190 each, and Side Chairs, $165 each, are crafted with gently curved slats that complement the simplicity of the table design. The China Cabinet, $1,325, offers abundant storage and work space. Glass curio ends on the display deck allow for more light transfer which adds extra sparkle to your treasured collectibles.

The Broyhill Difference

It's easy to see that Broyhill furniture is great looking, but quality detailing you can't normally see makes Broyhill excellent value.



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is in effect. You'll see just how easy it is
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The Prairie View bedroom allows you to make a definite style statement. A rich oak finish, brass accented hardware and simple but bold lines combine to create a dramatic look. The Bannister Bed, $625, is complemented beautifully by the vertical slats of the Batten Mirror, $190. The Dresser, $750, offers abundant storage space that includes two tray drawers behind the doors. The Door Chest, $625, features a knock-out back panel which allows the accommodation of a television. Also featured is the Night Stand, $250.

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Offer good through August 31, 1993.

This Coupon Must Be Presented To Retailer In Order To Qualify.

*†3 bimonthly issues *6 biweekly issues*



Colorful fabrics will add a lively touch to your casual living room or den. The S
$900, features multi-color plaid and the Chair, $600, and Ottoman, $225, are c
ered in a coordinating floral. These are only two of over 400 fabric selections a
able from Broyhill. The Millwood Creek Wall Unit includes Corner Unit, $315,
Unit, $390, Entertainment Unit, $1,150, and Door Unit, $600. Also featured are
Drop Leaf Cocktail Table, $290, Drop Leaf End Table, $265, Commode End Tab
$250, and Sofa Table, $290.

The Items On These Pages May Be Purchased At The Following Broyhill Dealers:

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HOW TO COOK UP COUNTRY CHARM



PHOTOGRAPH JOHN KANE FURNITURE BASSETT

Rustle up country character with homespun furnishings.

Countrify your dining area with farm-fresh ingredients that evoke images of an old homestead. The ingredients? A down-home backdrop and new country furnishings that wear weathered finishes.

Decorate with painted furniture. Even new furniture can take on an aged patina when the wood is distressed in just the right places and painted with a worn-looking finish. The hand-distressed antique-green and cherry-wood hutch and server from Bassett (*above*) adds colorful character to any furniture grouping—whether the grouping includes pieces that are painted or stained.

Hang homespun plaids. Let the fresh and friendly prints from fabrics in yesterday's kitchens—picture the flowers, checks, or fruit patterns that once adorned dish towels, tablecloths, or Grandma's aprons—offer inspiration for your choices in wall coverings and fabrics. This subtle suggestion of an earlier era prepares the stage for more outspoken elements.

Venture outside the house for rustic character. Rough-sawed planks in uneven widths, whitewashed for a weathered look, mimic boards from a barn. Nail them to the lower two-thirds of the wall for wainscoting with an interesting twist.

Display rustic accessories. You don't need antique collectibles to keep in character with your country space. Look for pieces with primitive appeal, such as handmade pottery and scrubbed-pine accessories.

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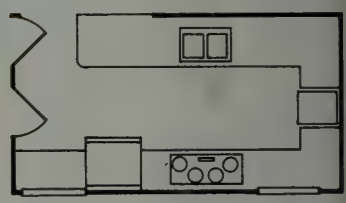
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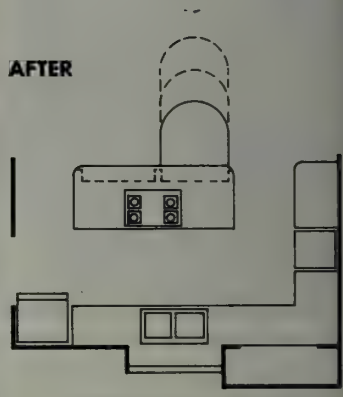
FROM A DEAD-END KITCHEN TO AN ISLE OF DREAMS



BEFORE



AFTER



A U-shape kitchen loses its efficiency if its peninsula extends as a barricade to the indoor barbecue, family room, and garage. Homeowner Rose Gehm and her architect revamped her old box-canyon kitchen, bringing more daylight indoors and replacing her 14-foot-long peninsula with a hardworking island.

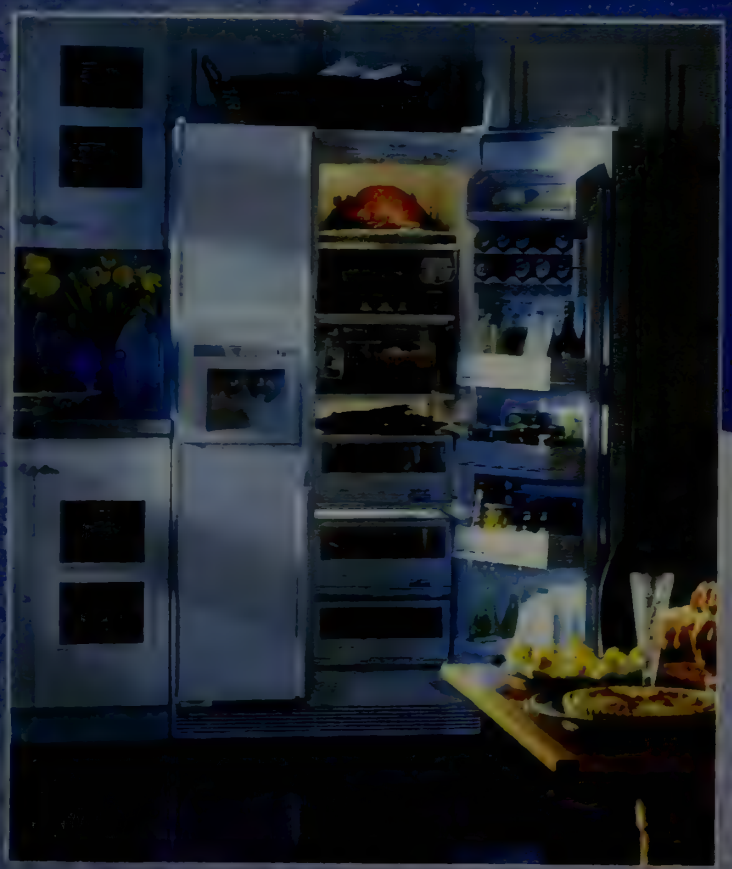
A new skylight, punched into the roof at the center of the room, and a new greenhouse window feed in lots of natural light. The new cooktop island is actually more convenience-packed than the old sink peninsula was. On the galley side of the island's stepped counter, knives safely stand at attention along the backsplash in their own individual counter slots. At the opposite end, spices slip into a backsplash niche. Below the butcher-block countertop, deep drawers keep utensils and pots and pans ready to roll out into action. On the family-room side, a custom breakfast table built into the island pulls out on a pedestal with casters. With leaves, the table grows from room for a few to space for the whole crew, for special family and holiday celebrations.



A custom-designed island replaced a room-barricading peninsula. This improved the traffic flow and work core and provided a pull-out breakfast table. A curved soffit carries task lighting and a copper-rail pot rack.

Architect: Hugh Murphy
Photographs: Jay Graham
Regional editor: Helen Heitkamp

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With yards of counters and a separate shower, this is a perfect bath to share.

This master bath gains its luxuriousness from its well-thought-out floor plan, light and airy atmosphere, and simple high-quality materials.



Whether you need lots of space for the elbow-to-elbow morning rush or a place to relax at day's end, this master bathroom has it all. You won't find any trendy finishes or doodads here—just well-planned, timeless simplicity with an air of serenity.

Room for two. There's plenty of room for two to get ready, thanks to a separate shower and tub, a private compartment for the toilet, and a twin-lavatory vanity. Because of their ample space, the walk-in steam shower and the toilet compartment never feel confining.

Relaxing and convenient. Each detail is carefully thought out to enhance the relaxing and convenient atmosphere. The side-mounted, waterfall-style faucet in the whirlpool tub frees up neck room at either end so you can lean back comfortably. At the vanity, a generous kneehole at midcounter lets you scoot in close to the wall mirror.

An abundance of light. An emphasis on lighting keeps the bathroom bright and comfortable—day or night. The vaulted ceiling soars to a room-brightening skylight. Where the view isn't as treetop protected, the bare double-hung windows above the tub could be shielded with miniblinds or shades. Recessed downlights, light-colored finish materials, and generous lighting in the shower and toilet compartments keep the room bright after the sun goes down.

As I See It #1 in a series
Sheila Metzner
'The Arrangement'
Photography/Fresson Print



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A SOARING STATEMENT FOR A SMALL KITCHEN





A barrel-vaulted ceiling and arched window bring drama to this small kitchen. The U-shape floor plan creates an efficient workspace that basks in the sunlight from the stunning new window.

An electrically operated vent pops up behind the cooktop, eliminating the need for a bulky range hood over the peninsula.

Vault your dark and dated kitchen to new heights with an overarching window and ceiling. Robert and Marianne Fisher's high-flying renovation transformed their dingy tight-quarters kitchen into a bright and comfortable place.

Designer Ken Burghardt replaced two small above-the-sink windows with a large black-trimmed arched window. The arch shape was then extended across the kitchen by carving a barrel-vaulted ceiling from unused attic space. A floor plan with a U-shape workspace assures that whoever is cooking can benefit from the streams of daylight and the woodsy view pulled in by the new window's height.

Stark white walls and cabinets expand the look of the space. Enveloping the cooking area are black granite counters that contrast vividly with the white solid-surface counters and sinks that sit under the window. The Fishers added a sharp, black feature stripe in the white counters to tie the two extremes together.

To complement the kitchen's streamlined look, the contemporary cabinets are free from hardware and fit together almost seamlessly.

Sleek styling and clean lines let the steel pendant halogen fixtures blend effortlessly with the kitchen's simple elegance. The soffits neatly cap the cabinets to form a handsome barrier between the built-ins and the dramatic barrel-vaulted ceiling. Pale blue paint on the bottom of the soffits echoes the view of the sky out the window on crystal-clear days.



Photographs: Jay Graham
Design: Ken Burghardt, Siematic Kitchens
Regional editor: Helen Heitkamp

Insalata di Noci Ciccati

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3 Tbsp. Bertolli Extra Virgin Olive Oil
2 Tbsp. broken walnut pieces
1 Tbsp. mild red wine vinegar (or fresh lemon juice)
Freshly ground black pepper to taste
6 cups torn mixed salad greens (select at least 3: arugula, radicchio, curly endive, romaine)
1/2 cup thin strips yellow or orange bell pepper
1/2 cup finely sliced, trimmed fresh fennel, when in season
1/8 tsp. salt
Parmigiano-Reggiano cheese for shaving over the salad (optional)

1. Combine the olive oil and walnuts in a small skillet. Heat, stirring over very low heat just until walnuts are warm. Remove from the heat. Stir in the vinegar or lemon juice, salt and pepper.

2. Combine the salad greens with the bell pepper and fennel (if available) in a salad bowl. Add the walnut dressing and toss the salad well. Divide the salad among four plates. Optional, using a vegetable peeler, peel wide strips of the Parmigiano-Reggiano over each salad. Garnish with walnut halves. Serves 4.



A ROOM WITH A VIEW
Orient your kitchen outdoors



Trimmed with half-round moldings, each picture window frames an artistic view of the towering pines.

Removing the kitchen and den wall enhances their family communication.

You can enjoy the great outdoors from the comfort of your own kitchen. Every element in Fred and Carla Tobis's renovation takes advantage of their home's private wooded surroundings.

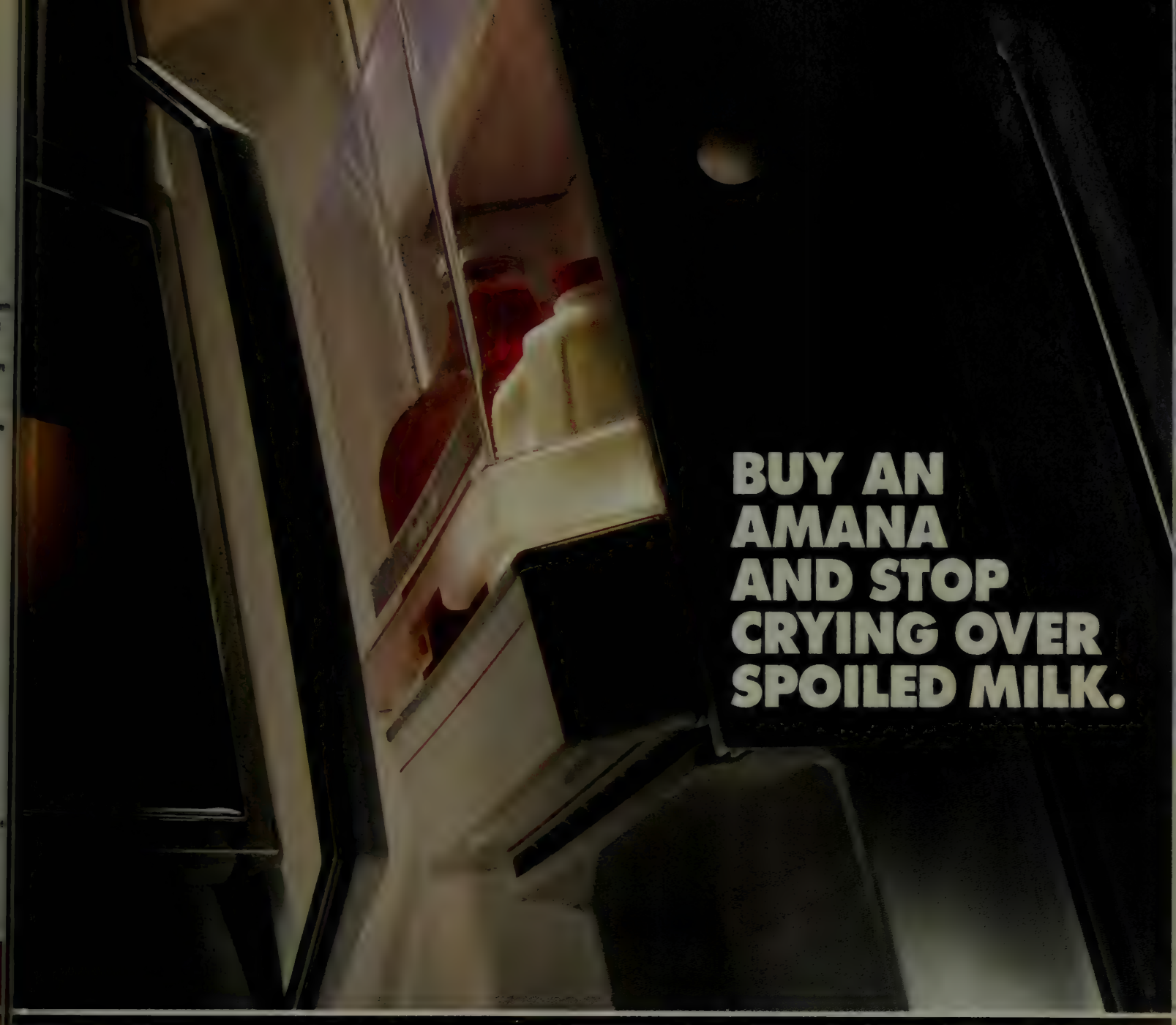
Trapped inside four walls, with just one tiny window to the outside, the original kitchen was indifferent to the home's natural setting. By removing upper cabinets and appliances on the outside wall, Fred and Carla cleared the way for a series of large picture windows that creates an up-in-the-treetops effect.

Packing the under-counter area with cabinetry and covering the interior wall with floor-to-ceiling storage more than makes up for the lack of upper cabinets. A U-shaped span of granite counters faces the backyard, so the couple can soak up the soothing views while they prepare a meal.

Pale laminate cabinets, off-white walls, and naturally finished maple flooring add to the room's airy appeal. Removing walls at each end allowed the kitchen to share its sunny outlook with the eating and sitting areas. The open plan also enhances the Tobises' family time—Fred and Carla can cook while they catch up on their kids' latest accomplishments. Recessed halogen lights brighten the space when evening sets in.



Architect: Jeremy Miller. Photographs: Mike Jensen
Regional editor: Trish Maharam



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DECORATING

RECIPE FOR DINING LIGHT

The room says black-tie, but you want casual. That's your invitation to mix moods and lighten up a formal, stiff, and fussy dining room. Let these two breezy spaces show you how.

White paint washed over heavy paneling lightens the walls in the dining room (*right*). Where heavy draperies might have weighed down the scheme, crisp miniblinds blend into the background. Furnishings take center stage with warm and lighthearted pieces that say home-style comfort, such as the cane-seat chairs and oak pedestal table. The floorboards are freshened with a large



PHOTO: BARBARA MARTIN, REGIONAL EDITOR; MARY ANNE THOMSON

The bones of this dining room—heavy wood paneling freshened with white paint—now set the pace for a homey, casual atmosphere.





PHOTO: MIKE JENSEN INTERIOR DESIGN: JEFF PECK INTERNATIONAL EDITOR: TRISH MAHAHAM

An eclectic mix in a formal room moves the mood from fussy to fun. This family combines sun-room casual white wicker and dressed-down windows with an antique wood dining table and a gilt-framed mirror. Such a diverse collection transforms staid rooms into contemporary spaces.

dhurrie rug rather than dampened with the expected jewel-tone oriental. Lace softens the tabletop; leafy plants enhance the casual mood.

Other ways to lighten up a formal space? Bring in the outdoors and the unexpected. In the dining room (*above*) a wall of windows reveals an outdoor courtyard and gives the dining room an alfresco feel. Wicker chairs bridge the gap between indoors and out; they also take the formal edge off both the table and the room.

In a surprise move, the chandelier is painted white and helps to balance the freewheeling wicker with an ornate gilt mirror and a 1750 game table used as a sideboard.

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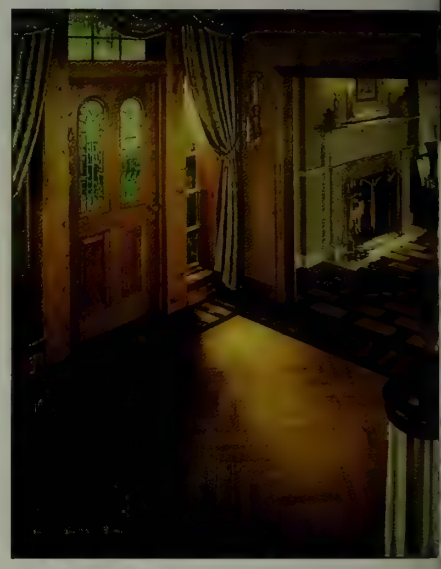
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Solid-colored pink, yellow, and blue vinyl floorings are combined to create an appealing entry pattern.



This intricately patterned floor has the appearance of wood, but it is actually made of long vinyl planks.



Marbleized grayish-blue vinyl sheet flooring offers a formal style that's well-suited to a dining room.

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Today's vinyl floors offer homeowners an array of upscale style choices never before available.

The vinyl color palette has expanded beyond standard whites, almonds, and muted pastels. Popular new colors include bright yellows, pinks, and oranges; rich, saturated blues and greens; and other dramatic hues. Homeowners can now opt for single-colored vinyl tiles and sheet goods, which can be used to create one-of-a-kind patterns. Vinyl that mimics wood and stone has reached a new level of sophistication. Contemporary commercial-type designs, with their random, original patterns, are more readily available for home use.

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Please Sign Below and Return

All of the information furnished on this application is, to the best of my knowledge, complete and accurate. You may check any of the information from whatever source you choose. I/we understand that from time to time you may receive credit information concerning me/us from others, such as stores, other lenders and credit reporting agencies. You may also furnish on a regular basis credit and experience information regarding my/our account and my/our account number to or application to others seeking such information, including General Motors. In the event that I/we do not qualify for a GM Gold MasterCard,® I/we request to be considered for a standard GM MasterCard.® By signing, using, or permitting another to use the GM MasterCard® credit card or cashing a credit card check, I/we agree to be bound by the terms and conditions of Household Bank's Cardmember Agreement and Disclosure Statement, including any amendments.

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Variable Rate Information	Your annual percentage rate may vary. The rate is determined by the highest Prime Rate published in The Wall Street Journal on the third Tuesday of the month in which the billing period begins ("Index") plus (A) 7.4 or (B) 10.4 percentage points ("Spread").
Grace Period for Purchases	No finance charges are assessed on current purchases if the balance is paid in full each month within 25 days after billing.
Method of Computing the Balance for Purchases	Average daily balance method (including current purchases).
Annual Membership Fee	$39 which, upon payment, will automatically earn a $39 GM Gold Card Rebate.
Minimum Finance Charge	$0.50 (in any billing cycle in which a periodic Finance Charge is payable).
	Standard Card (If issued)
Annual Percentage Rate	As of April 1, 1993, the annual percentage rate is 16.4%. The rate may vary after that, but will never be less than 14.9%.
Variable Rate Information	Your annual percentage rate may vary. The rate is determined by the highest Prime Rate published in The Wall Street Journal on the third Tuesday of the month preceding the current month ("Index") plus 10.4 percentage points ("Spread").
Grace Period for Purchases	No finance charges are assessed on current purchases if the balance is paid in full each month within 25 days after billing.
Method of Computing the Balance for Purchases	Average daily balance method (including current purchases).
Annual Membership Fee	None.
Minimum Finance Charge	$0.50 (in any billing cycle in which a periodic Finance Charge is payable).

Cash Advance Fee: No transaction fee for advance by Transfer Check. Normal finance charges apply from date of posting. 1% on any advance by Convenience Check ($1 minimum); 2% of any other advance ($2 minimum). **Late Fee:** $15 **Returned Check Charge:** $10 **Additional Information on Variable Annual Percentage Rate:** Any increase will take effect on the first day of the first complete billing cycle which begins in the calendar month following the date of the published change. Increases in the index may cause the monthly periodic rate, Finance Charge, and monthly Minimum Payment to increase. The information about the costs of the card described in this application is accurate as of April 1993.

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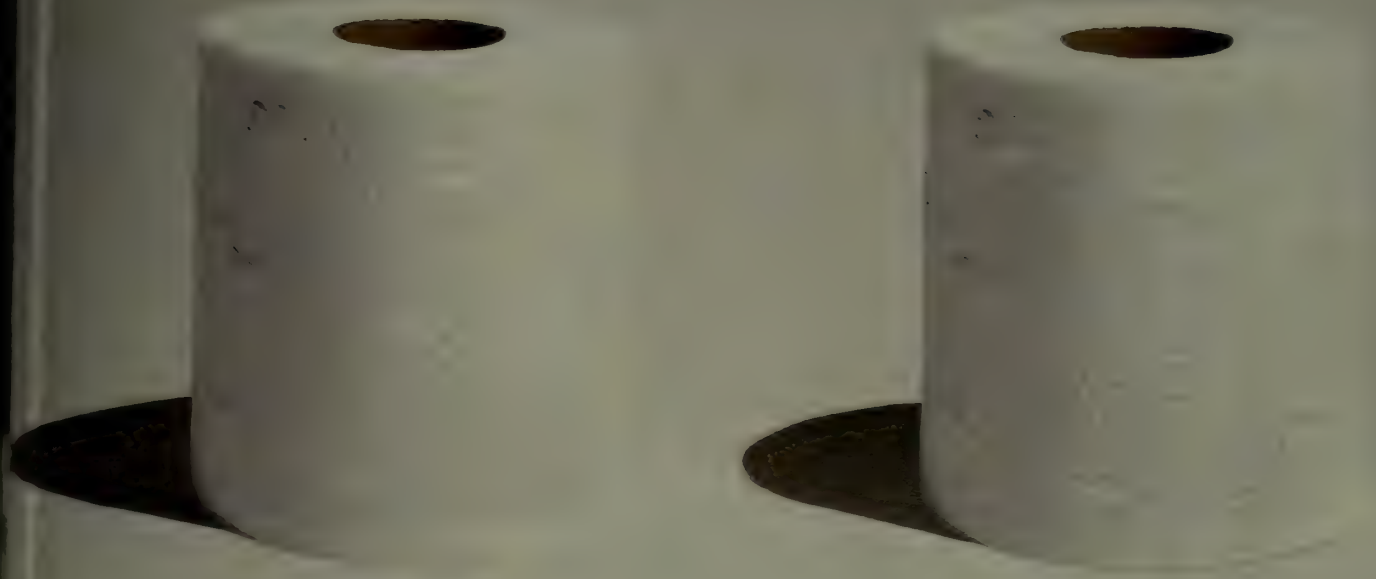
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 BY LISA HOLDERNESS

WACKY SNACKS
Fun treats for after school

Ship ahoy, Mate! Call all hands on deck to build some Tuna Schooners, cut out a Mexican Snowflake, or whip up a Fruit Frostie. Turn after-school snacktime into fun and adventure with playful snacks that kids can make. Each quick idea will inspire kids to lend a hand in the kitchen.

MEXICAN SNOWFLAKES

Place a medium or large *flour tortilla* on a microwave-safe paper towel. Micro-cook on 100% power (high) about 30 seconds or till soft. Cool slightly. Fold tortilla into quarters. With clean scissors, cut out small pieces, just as you would to make a snowflake out of paper. Unfold the tortilla and set aside.

Place another medium or large *flour tortilla* on a microwave-safe plate. Sprinkle with *shredded cheddar cheese;* top with the snowflake tortilla. Micro-cook on high for 45 to 60 seconds or till cheese is melted. Cut into quarters; serve with *salsa.* Serves 2.

Nutrition facts per serving: *164 cal., 10 g total fat (6 g sat. fat), 30 mg chol., 204 mg sodium, 10 g carbo., 8 g protein. Daily Value: 29% calcium.*

TUNA SCHOONERS

Drain one 6½- or 7-ounce can water-pack *tuna;* break into chunks. In a small bowl combine tuna, ½ cup chopped *apple,* and a tablespoon of *shelled sunflower seeds.* Stir in enough *mayonnaise* or *salad dressing* to moisten (about 3 tablespoons). Spread the tuna mixture onto 4 toasted *English muffin halves.* For sails, place 2 triangle-shape *tortilla chips,* point up, atop each muffin half. Makes 4 servings.

Nutrition facts per serving: *257 cal., 11 g total fat (2 g sat. fat), 14 mg chol., 449 mg sodium, 22 g carbo., 2 g fiber, 17 g protein. Daily Value: 3% vit. A, 2% vit. C, 18% iron.*

FRUIT FROSTIES

One super sippable way for kids to enjoy nutritious fruits—

In a blender container or food processor bowl combine one 6-ounce can *frozen orange juice concentrate;* one 10-ounce package *frozen strawberries,* thawed; 2 juice cans *water;* and a *ripe banana,* cut up. Cover and blend or process till smooth. While the blender or processor is running, add 1 to 2 cups *ice cubes* through the hole in the lid, blending or processing till smooth and slushy. Pour into 6 glasses; top with *whole strawberries* and *halved orange slices,* if desired. Makes 6 (8-ounce) servings.

Nutrition facts per serving: *108 cal., 0 g total fat, 6 mg sodium, 28 g carbo., 4 g fiber, 1 g protein. Daily Value: 101% vit. C.*



Tuna Schooners

Mexican Snowflakes

Fruit Frosties

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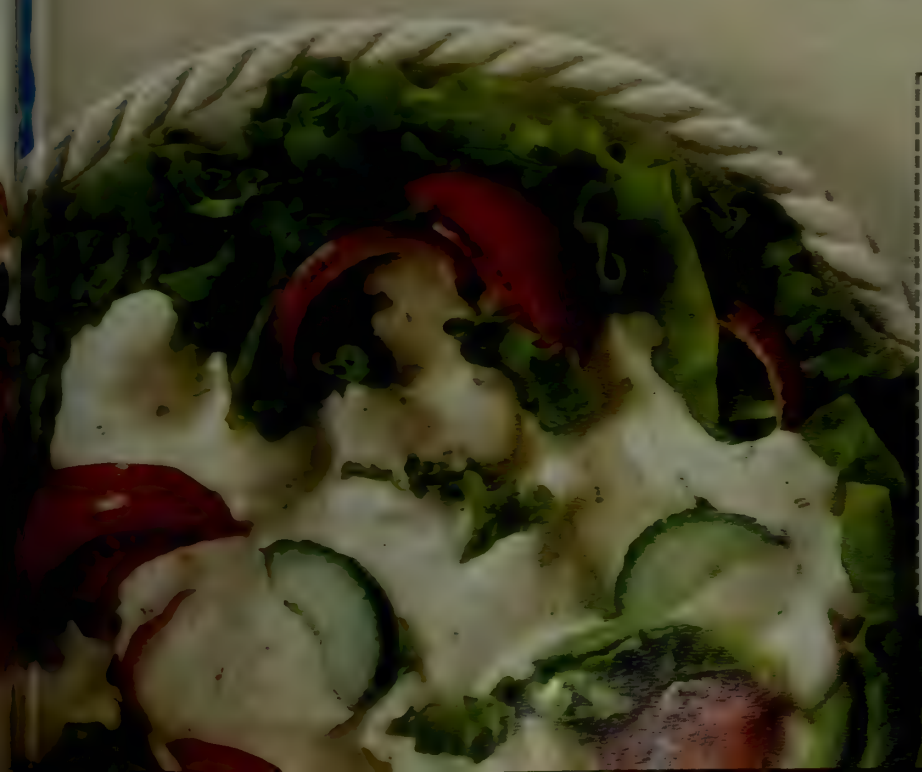




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DELICIOUS DESSERTS START WITH A CAKE MIX



The pudding and cake flip-flop during baking.



It's like eating pecan pie with your fingers!

Your next dessert sensation may very well be hiding in your pantry—in a box of cake mix. Versatile cake mix makes a great start to many a stir-together sweet, including the two shown here. These desserts have cake mix in common, but they're as different as pudding and pie.

PINEAPPLE PUDDING CAKE

Convenience equals a canned pudding base plus a cake-mix topper—

- **1 egg**
- **½ cup unsweetened pineapple juice *or* water**
- **1 pkg. 1-layer-size yellow cake mix**
- **1 17.5-oz. can lemon pudding**
- **1 8-oz. can crushed pineapple (juice pack)**
- **Whipped cream (optional)**

Grease a 2-quart square baking dish; set aside. Using the egg and the pineapple juice or water, prepare cake mix according to package directions. Turn batter into the prepared dish.

In a medium mixing bowl stir together the pudding and *undrained* crushed pineapple. Pour over batter.

Bake in a 350° oven about 50 minutes or till a toothpick inserted into the center of the cake comes out clean. (Be careful not to insert the toothpick into the pudding at the bottom.)

Cool the cake slightly in the pan on a wire rack. (During cooling, the cake may dip slightly in the center.) Serve warm with whipped cream, if desired. Makes 9 servings.

Nutrition facts per serving: *215 cal., 5 g total fat (2 g sat. fat), 30 mg chol., 339 mg sodium, 41 g carbo., 0 g fiber, 3 g pro. Daily Value: 3% vit. A, 8% vit. C, 15% calcium, 5% iron.*

EASY PECAN BARS

Part of the mix forms the crust. The rest goes into the gooey, chewy filling—

- **1 pkg. 2-layer-size white *or* chocolate cake mix**
- **¼ cup margarine *or* butter, softened**
- **1 slightly beaten egg**
- **3 eggs**
- **¾ cup packed brown sugar**
- **⅔ cup dark corn syrup**
- **1 tsp. vanilla**
- **1½ cups coarsely chopped pecans**

Lightly grease a 13x9x2-inch baking pan; set aside. Set aside *1 cup* of the cake mix for the filling.

For crust, in a large mixing bowl combine remaining cake mix, margarine or butter, and slightly beaten egg. Stir with a fork till crumbly. Turn into the prepared pan. With lightly floured hands, press evenly onto the bottom to form a crust. Bake in a 350° oven for 12 minutes.

Meanwhile, for filling, in a medium mixing bowl combine the 3 eggs, brown sugar, corn syrup, and vanilla. Add the 1 cup reserved cake mix; stir with a fork just till blended. (Some tiny cake mix clumps will remain.)

Spread filling evenly over baked crust; sprinkle pecans atop. Bake for 25 to 30 minutes or till filling appears set when pan is gently shaken. Cool completely in the pan on a wire rack. Cut into bars. Cover and chill to store. Makes 48 bars.

Nutrition facts per bar: *107 cal., 4 g total fat (1 g sat. fat), 18 mg chol., 86 mg sodium, 17 g carbo., 0 g fiber, 1 g pro. Daily Value: 3% vit. A, 0% vit. C, 3% calcium, 4% iron.*



S&W When You Have More To Do Than Dinner.



The best recipe is the one that lets you put a great meal on the table and still spend some quality time with your family. That's why you'll like S&W Quick Margarita Chicken. It starts with our Ready-Cut® Salsa: the finest canned tomatoes money can buy, ripened on the vine in the California sun and rich with the best of mild chili peppers and authentic Mexican spices. In less than fifteen minutes dinner's on the table, piping hot and full of flavors everyone will love. Try it soon, and taste the difference S&W quality makes.

S&W Quick Margarita Chicken

- 2 Tbs corn oil
- 2 Tbs lime juice
- 1 Tsp honey
- 4 boneless, skinless chicken breast halves
- 1 cup finely crushed tortilla chips
- 1 can (14½ oz) S&W Mild Ready-Cut® Salsa
- ⅓ cup shredded Monterey Jack cheese
- Cilantro sprigs and lime wedges

Mix the first 3 ingredients together. Brush chicken breasts with mixture, then roll in tortilla chip crumbs to coat. Arrange chicken in 9" microwave-proof baking dish. Microwave on HIGH for 8-10 min., rotating several times during cooking. Pour salsa over chicken, top with shredded cheese, and microwave on HIGH another 1-2 min. or until cheese melts. Garnish with cilantro and lime wedges. Serves 4.

For free recipes, write
S&W Fine Foods, San Ramon, CA 94583-0587.



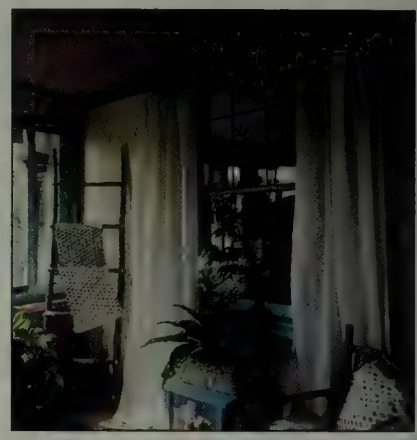
S&W THE BEST. ALL THE TIME.

GREAT ESCAPE
Ticket to southwestern style

PHOTOGRAPHS ROY INMAN DESIGN CHRISTY SMITH LOCATION KANSAS CITY JWSA DESIGNER'S SHOWHOUSE REGIONAL EDITOR PAT SCHUDY



A rugged coffee table serves twiggy seats that are cushioned for relaxing.



Finishing touches, such as the twig chair, corner ladder, and blooming cacti, share the flavor of the Southwest.



For an unusual window treatment, ordinary twine ties easy-sew fabric panels to a rustic twig rod.

No need to call the travel agent. In this enchanting time-out spot filled with shimmering sun-baked pastels and rustic textures, a trip to old Santa Fe is just steps away. Here's how you can create a southwestern getaway right at home.

Begin with a quartet of colors borrowed from the desert sunset. Although this room's palette seems complicated, only four colors are used. Dusty rose covers the ceiling, wainscoting, and floor; cool periwinkle and turquoise accent the warm peach walls. Even the stained-glass piece at the window echoes the room's hues. When you choose your painted-desert palette, be sure to select colors of the same lightness or darkness.

To bring a wild, wild western feeling to your room, try a natural mix of rough-and-ready elements: twigs and sisal, flax and twine, branches and stone, pottery and green plants.

Twigs and sisal. Against such a soothing backdrop, rough-hewn seating and earthy-textured accents deliver intriguing counterpoint. Enhance a room's fresh-air feel with twig seating plumped up by cushions. An adobe-colored woven sisal rug defines a conversation area and brings to mind the color and texture of the sandy desert floor. The twig ladder is a just-for-fun accent for displaying colorful seasonal textiles or fabric folk art.

Branches and stone. Consider a rock-topped coffee table on a tree-branch base or a lamp that's made to look like stone. They'll draw out the nature theme and give the room a handcrafted look.

Flax, twine, and sticks. Hang flowing flax panels from a twig rod to dress up a window in an instant. Here, twine is threaded through the casings to tie up each panel. You can mount the stick curtain rods on standard wooden brackets.

Pottery and plants. Buoy up southwestern spirits by getting down to the details. Hand-painted pottery, a lush indoor garden of desert-loving cacti and flowering plants, and white-washed baskets to hold magazines or plants cue in to sun-drenched days in the Southwest.



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PHYSICAL THERAPY AMERICAN ASSOCIATION

B5

TEMPTING ITALIAN BREAD
Homemade in less time

Think you're too busy to make home-baked bread anymore? Think again. This tantalizing Italian bread, speckled with prosciutto and sun-dried tomatoes, takes about half the time to prepare compared to most yeast breads. The quick-rising yeast cuts the rising time by more than an hour.



Serve Prosciutto Bread as an appetizer or as an accompaniment to soup or salad.

PROSCIUTTO BREAD

- ½ cup chopped onion
- 1 Tbsp. olive oil *or* cooking oil
- ½ cup sun-dried tomatoes (dry-pack *or* oil-pack)
- 3 to 3½ cups all-purpose flour
- 1 pkg. quick-rising active dry yeast
- 2 tsp. fennel seed, crushed
- ¼ to ½ tsp. pepper
- ¼ tsp. salt
- ¾ cup warm water (120° to 130°)
- 2 beaten eggs
- 4 oz. thinly sliced prosciutto *or* Canadian-style bacon, finely chopped (1 cup)

Cornmeal

- 1 beaten egg white
- 1 tsp. water

In a small skillet cook the onion in hot oil over medium-low heat for 6 to 8 minutes or till tender but not brown, stirring frequently; set aside.

If using dry-pack tomatoes, place in a small bowl; pour boiling water over to cover. Let stand 2 minutes. Drain and snip tomatoes. If using oil-pack tomatoes, drain and snip. Set aside.

In a small mixer bowl combine *1½ cups* of the flour, yeast, fennel, pepper, and salt. Add the ¾ cup warm water and the 2 beaten eggs. Beat with an electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed for 3 minutes. Stir in onion, tomatoes, and prosciutto or Canadian-style bacon. Using a spoon, stir in as much of the remaining flour as you can. Turn out onto a lightly floured surface. Knead in enough remaining flour to make a stiff dough that is smooth and elastic (8 to 10 minutes).



To shape the bread, roll dough into a rectangle. Roll up from the long sides, jelly-roll style.



To cut a crisscross pattern in the top, make 6 diagonal cuts, about ¼ inch deep. Repeat in the opposite direction.

Shape into a ball.* Place in a greased bowl; turn once to grease surface. Cover; let rest in a warm place for 10 minutes. Turn out onto a lightly floured surface. Roll dough into a 15x10-inch rectangle. Roll up from long sides (see photo, *below left*); seal well. Taper ends.

Place, seam side down, on a greased baking sheet sprinkled with cornmeal. Cover; let rise till nearly double (about 30 minutes). Combine egg white and water; brush onto loaf. With a sharp knife, make 6 diagonal cuts ¼ inch deep across top; repeat in opposite direction (see photo, *left*).

Bake in a 375° oven for 20 minutes. Brush loaf again with egg white mixture. Bake for 15 to 20 minutes more or till the bread sounds hollow when you tap the top of the loaf with your finger. Remove bread from baking sheet. Serve warm or cool loaf on a wire rack. To store, wrap cooled loaf in plastic wrap or foil and chill. Makes 1 loaf (20 servings).

***Note:** For 2 smaller loaves, prepare the dough as directed *except* divide the dough in half and shape into 2 balls before the 10-minute rest. Roll each ball of dough to a 12x10-inch rectangle. Bake as directed *except* change the second baking time to 5 to 10 minutes, instead of 15 to 20 minutes.

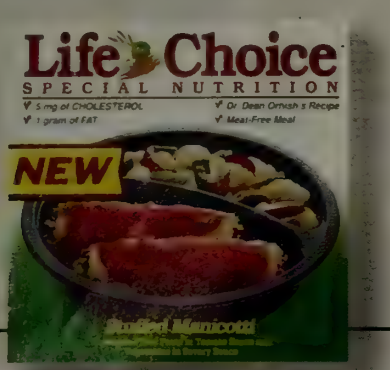
***Nutrition information per serving:** 102 cal., 3 g fat, 21 mg chol., 4 g pro., 15 g carbo., 1 g fiber, 165 mg sodium. RDA: 14% thiamine, 11% riboflavin.*



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Weight Watchers Entrees (61 varieties)	8.4 oz	5 g	21 mg
Lean Cuisine Entrees (47 varieties)	9.4 oz	6 g	39 mg
Budget Gourmet Light and Healthy Dinners (12 varieties)	10.9 oz	7 g	41 mg



Source: Current packaging and/or published nutritional data. Life Choice is a registered trademark of ConAgra, Inc. Weight Watchers is a registered trademark of Weight Watchers International. Lean Cuisine is a registered trademark of The Stouffer Corporation. Budget Gourmet is a registered trademark of the All American Gourmet Company.

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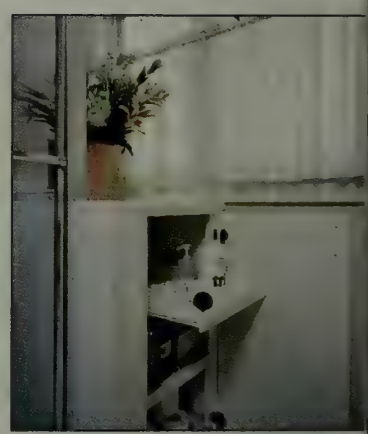
SLIM-SPACE STORAGE FOR TINY BATHS

Let's face it. Most bathroom storage gets squeezed into whatever space is left over after all the "necessaries" are arranged in the bath. But just because the space is spare doesn't mean storage possibilities need to be stingy.

These two tight-fitting built-ins take tail-end space and pack it with yards of convenience. The 20-inch-wide cubbyhole between the shower wall and window opens to reveal three kitchen-style, pullout drawers.

The tall, svelte cupboard at the top of the tub mixes open shelves with more private, closed-door storage. Only 2 feet wide, the unit's open shelves adjust in 1-inch increments. Each of the 13-inch-deep shelves has a 1¼-inch lip to catch renegade items before they end up underfoot.





No more stretching to reach that jar or bottle way in back. These roll-out shelves bring everything from the darkest recesses of the narrow cabinet out into the light of day.

Tucked behind a door, this tall, narrow cupboard holds towels and wash cloths within easy reach of the shower. Shelves adjust to different storage duties as your needs and whims change.

Regional editor: Ruth Reiter. Photograph: Mike Moreland. Interior design: Bob Thomas of Robert William and Thomas


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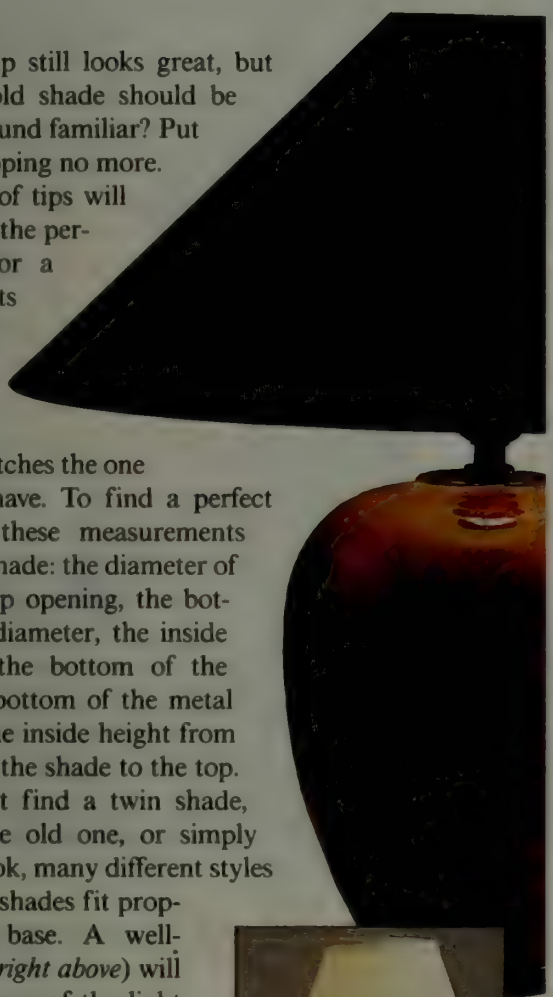


Oriental Saladventure Recipe: An exotic setting for four. Create a leafy bed of bok choy and spinach. Then arrange it with six ounces of blanched Chinese pea pods. Add a little daikon carrot, two ounces of sliced water chestnuts, four ounces of crisp-steamed broccoli flowerets, and one ounce of Enoki mushrooms. Top it all with the delicious tang of T. Marzetti's Fresh Buttermilk Ranch Dressing. You'll find it refrigerated fresh in your grocer's produce department.

T. MARZETTI'S FROM THE PRODUCE DEPARTMENT

SALADVENTURES

SHADE SHOPPING
Matching a lamp with a new topper



The lamp still looks great, but the tattered old shade should be put to rest. Sound familiar? Put off shade shopping no more. These foolproof tips will help you pick the perfect topper for a lamp with lots of light left.

It's easiest to choose a shade that matches the one you already have. To find a perfect match, take these measurements from the old shade: the diameter of the shade's top opening, the bottom-opening diameter, the inside height from the bottom of the shade to the bottom of the metal spokes, and the inside height from the bottom of the shade to the top.

If you can't find a twin shade, don't have the old one, or simply want a new look, many different styles and shapes of shades fit properly on one base. A well-fitting shade (*right above*) will cover the bottom of the light socket at seated eye level, yet leave a half inch to an inch of the lamp's neck exposed. Another important space tip: Leave at least 2 inches between the lightbulb and the top of the shade so the shade doesn't get too hot.



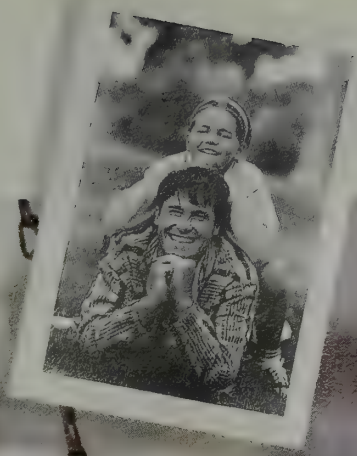
PHOTOGRAPHS: HOPKINS ASSOCIATES

Base size helps in determining the right-size shade. Measure the diameter of the base bottom; the shade's top opening should have roughly the same diameter. The height of the shade can vary depending on the shape, but make sure it's less than the height from the bottom of the base to the bottom of the socket.

This shade (*right below*) is out of proportion with the base. The bottom diameter of the shade is about the same as the diameter of the widest part of the lamp base. Avoid this problem by choosing a shade that extends at least 2 inches on each side of the base.

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OUTDOOR ACCENT LIGHTS TO BUILD YOURSELF

Details define quality when it comes to home improvements. These outdoor accent lights can add a dose of architectural elegance to a simple deck or entryway. Inspired by the designs of Frank Lloyd Wright, the lights feature solid lines and geometric patterns that are sure to enhance most any home's style.

Three original fixture styles are available—one for a post, one for a deck railing, and one for an outside entry. To order complete step-by-step plans for all three lights, send a check or money order for $10.95 to *Better Homes and Gardens*® Reader Service, Department 23K, Box 374, Des Moines, Iowa 50336. Please specify plan number 50936.

Photographs: Steve Hall, Hedrich-Blessing



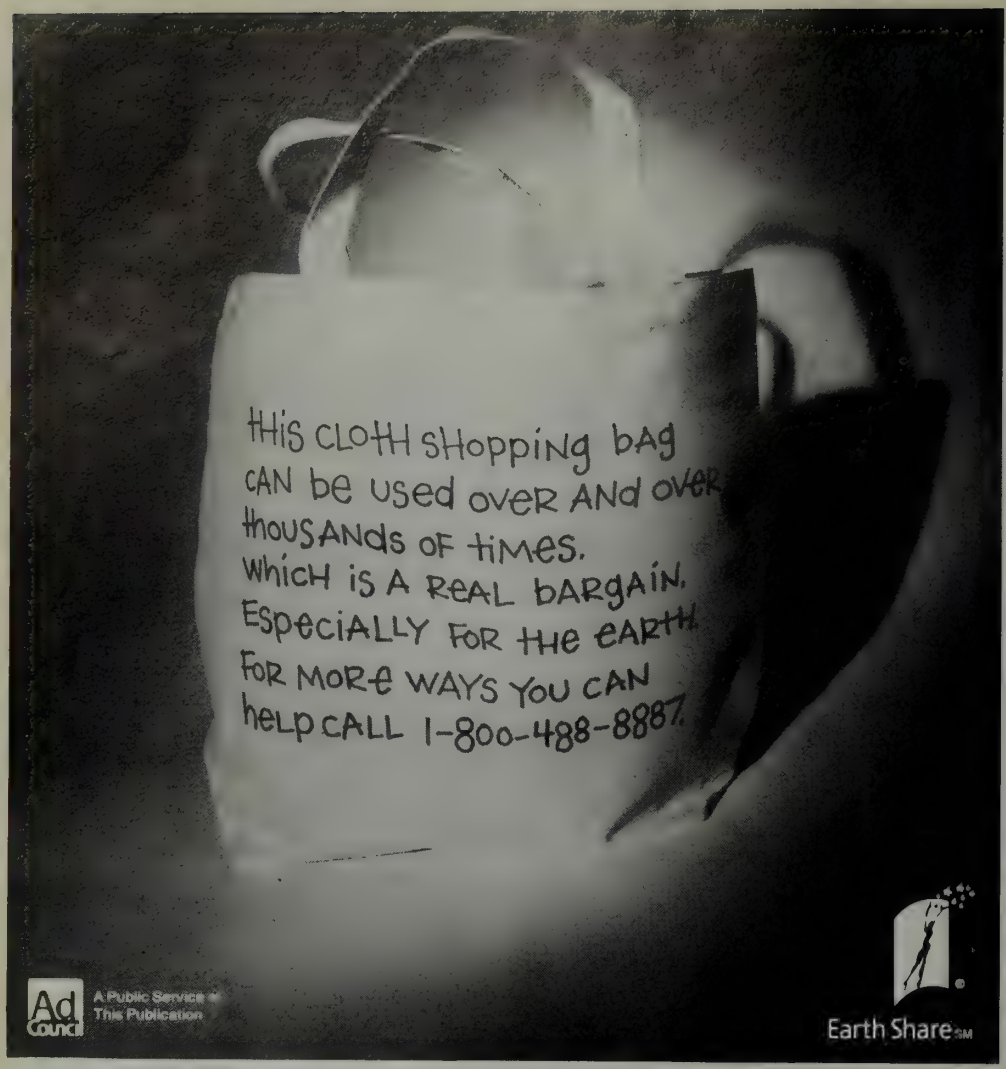
Made of redwood and cedar with plastic shades, the lights will cost less than $20 each including the price of all materials. You can build them using only hand tools, but a radial-arm saw or tablesaw will make the job easier.



Any entryway will benefit from this original wall sconce. Designed by Kenneth Beehler of South Haven, Michigan, the light projects are relatively complex, and require at least a moderate amount of woodworking experience.



Brighten up your backyard deck with these triangular step lights. To create the shade design, colored plastic strips are glued directly to opaque plastic.



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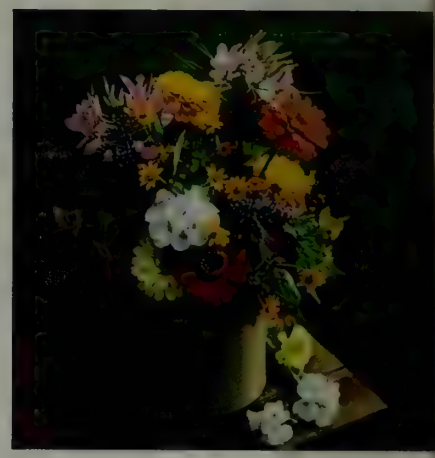
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LOW-COST AND EASY BOUQUETS



Instantly brighten and freshen any room with a colorful floral arrangement. Use these tips to create informal bouquets while keeping costs in line.

- Look for low-cost, long-lasting flowers: alstroemeria, miniature and standard carnations, chrysanthemums, bachelor's-button, and freesia.
- Use a variety of flowers. The greater the mix, the prettier the bouquet.
- For a fuller look in a hurry, pick flowers with many blooms per stem.
- Prolong the life of your flowers by trimming the stems before arranging them. Fresh cuts absorb water more efficiently. Make the cuts at an angle to give the stems a larger surface area.
- Cool water also prolongs the life of the flower, whereas warm water forces buds to bloom.
- Arrange flowers in your hand, cut the stems so they're all the same length, and drop the arrangement into the container. It fluffs out to fill the container naturally. If you need to, you can add more flowers.
- The bottom of the stems should be about an inch below the water line. Use only the amount of water needed per day, and add water daily. Change the water every other day, if possible, to avoid buildup of bacteria and foliage decay. If the arrangement will be ruined by tipping the container to empty out water, suck the water out with a baster. Then add fresh water.



Shown smaller than actual size of 5¾" high.

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SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

HOME OF THE YEAR

Pages 55–70: Developer—McCormick Woods, 5155 McCormick Woods Dr., SW, Port Orchard, WA 98366. **Heating/cooling**—Lennox Ind., P.O. Box 799900, Dallas, TX 75379. **Home automation and security system,** "TotalHome" by Honeywell; **energy recovery ventilator, electronic air cleaner**—Honeywell, Inc., Home and Building Control, 1985 Douglas Dr., N, Golden Valley, MN 55422-3992. **Whole house intercom and video entry system**—ALPHONE, 1700 130th Ave., NE, Bellevue, WA 98005. **Insulation**—CertainTeed Corp., P.O. Box 860, Valley Forge, PA 19482. **Windows and grilles**—Hurd Millwork Co., 575 S. Whelan Ave., Medford, WI 54451. **Exterior entry/interior doors, fixed exterior doors**—Simpson Door Co., P.O. Box 210, McClear WA 98577. **Interior/exterior paint ar deck stain**—Dutch Boy Paints, 101 Prospe Ave., W, Cleveland, OH 44125; 800/64 8468. **Interior light fixtures/exteri house lights**—Thomas Ind., Inc., Residenti Lighting Div., P.O. Box 7849, Louisville, K 40207; 800/36-LIGHT. **Low-voltage inter or downlights**—Capri Lighting, Div. Thomas Ind., Inc., 6430 E. Slauson Ave., Lo Angeles, CA 90040. **Built-in music sys tem**—Bang & Olufsen of America, Inc., 115 Feehanville Dr., Mount Prospect, IL 6005 and Magnolia Hi-Fi and Video, 14404 NI 20th, Bellevue, WA 98007. **Closet organi ers**—Stanley Hardware, 480 Myrtle St., Ne Britain, CT 06050. **Locksets**—Schlage Loc Co., 2401 Bayshore Blvd., San Francisco, C 94119. **Furniture**—Lineage Home Furnish ings, Inc., 400 Lineage Ct., P.O. Box 1118 High Point, NC 27265. **Light bulbs fo lamps**—Panasonic, One Panasonic Wa 4A4, Secaucus, NJ 07094; 201-392-6633.

Page 55: Windows—Hurd Millwork Co. (ad dress above). **Front door**—Simpson Doo Co. (address above). **Garage door an opener**—Stanley Door Systems, Div. of th Stanley Works, 1225 E. Maple, Troy, M 48084. **Lap and panel siding**—America Plywood Assn., P.O. Box 11700, Tacoma WA 98411-0700. **Exterior trim**—Ply-Trim South, Inc., 550 N. Meridian Rd., Youngs town, OH 44509; 800/759-8746. **Lights o house**—Thomas Industries, Inc. (addres above). **Paint, lap siding,** "Smoke Blanket" **plywood panels,** "Silver Sage"; **trim,** "Pyra mid Stone"—Dutch Boy Paints (addres above). **Potted plants**—Vassey Nursery 2424 Tacoma Rd. E, Puyallup, WA 98371.

Pages 56–57: Windows—Hurd Millwork Co (address above). **Doors**—Simpson Door Co (address above). **Lap and panel siding**—American Plywood Assn. (address above) **Exterior trim**—Ply-Trim South, Inc. (addres above). **Low-voltage landscape lights**—In termatic, Inc., Intermatic Plaza, Spring Grove IL 60081-9698. **Potted plants**—Vasse Nursery (address above). **Skylights**—Velux America, Inc., P.O. Box 5001, Greenwood SC 29648-5001; 800/283-2831. **Deck, trel lis and bench materials**—Western Wood Products Assn., Yeon Bldg., 522 SW. Fifth Ave., Portland, OR 97204-2122 and McFar land Cascade, 1640 Marc St., E, Tacoma WA 98421. **Paint, lap siding,** "Smoke Blan ket"; **plywood panels,** "Silver Sage"; **trim** "Pyramid Stone"; **deck stain,** "Glen brook"—Dutch Boy Paints (address above) **Outdoor furniture**—Brown Jordan, P.O Box 5688, El Monte, CA 91734.

Pages 58–59 (*top left*): Windows—Hurd Millwork Co. (address above). **Window shades,** Silhouette "Linen Flirt"—Hunter Douglas, Two Park Way, Rte. 17 S, Upper Saddle River, NJ 07458. **Shoji screen**—Bush Woodcraft, Dept. B, 841 Ranier Ave., S Seattle, WA 98144. **Furniture, lamp, white planter**—Lineage Home Furnishings, Inc (address above). **Picture frames**—Graphik Dimensions, Ltd., 41-23 Haight St., Flushing NY 11355; 800/221-0262. **Stereo speakers**—Bang & Olufsen of America and Magnolia Hi-Fi and Video (addresses above)

Wide-plank laminated and prefinished red oak flooring—Rappgo by Nordic American Corp., 224 Hillside Dr., Atlanta, GA 30342; 404/252-0600. **Area rug**—Couristan, K893, Two Executive Dr., Fort Lee, NJ 07024. (***Bottom left***): **Dining room light fixtures**—Thomas Industries, Inc. (address above). **Table, chairs, sideboard**—Lineage Home Furnishings, Inc. (address above). **Paint,** "November"—Dutch Boy Paints (address above). **Candle holders,** "Magic Color"; **flute goblets,** "Martinique"; **stemware,** "Barbados"—Schott Crystal, NC893, Three Odell Plaza, Yonkers, NY 10701. **Chargers, salad bowls**—Selandia Designs, P.O. Box 801447, Santa Clarita, CA 91380-1447; 800/347-3400. **Picture frames**—Graphik Dimensions, Ltd. (address above). **Window shades,** Chinoise "Sanpan"—Duette Window Fashions, One Duette Way, Broomfield, CO 80020. (***Right***): **Ceramic tile on the floor and fireplace surround,** "Prominence" (no longer available). **Gas-log fireplace**—Majestic Co., 1000 E. Market St., Huntington, IN 46750; 800/962-3123. **Blue/green glassware**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Stairway carpet,** "Beige Silk" Tammaron—DuPont "Stainmaster Xtra Life" by Sutton; 800/4DUPONT.

Pages 60–61: Windows—Hurd Millwork Co. (address above). **Interior and exterior doors**—Simpson Door Co. (address above). **Wide plank laminated and prefinished red oak flooring**—Rappgo by Nordic American Corp. (address above). **Gas-log fireplace**—Majestic Co. (address above). **Large-screen projection television**—RCA, Thomson Consumer Electronics, 600 N. Sherman Dr., Indianapolis, IN 46201-2598; 800/336-1900. **Stereo system and speakers**—Bang & Olufsen of America, Inc., and Magnolia Hi-Fi and Video (addresses above). **Furniture**—Lineage Home Furnishings, Inc. (address above). **Area rug,** Panama 600957—The Pottery Barn; 800/922-5507. **Operable skylights with rain sensors**—Velux-America, Inc. (address above). **Books on shelves**—Mostly Books, 3126 Harborview Dr., Gig Harbor, WA 98335. **Books on coffee table**—Chronicle Books of San Francisco, CA 94103; 800/722-5567. **Interior plants**—Commercial Interiorscapes, P.O. Box 1143, Port Orchard, WA 98366. **Paint,** "November"—Dutch Boy Paints (address above). **Photo CD player**—Eastman Kodak Co., 343 State St., Rochester, NY 14650-0519. **Baskets**—Pier 1 Imports (address above). **Large picture frames**—Graphik Dimensions (address above). **Twig picture frames**—Lady Slipper Designs, Inc., Rte. 3, Box 556, Bemidji, MN 56601.

Pages 62–63 (*left*): Kitchen cabinets and hardware—UltraCraft Co., 6163 Old 421 Rd., P.O. Box 1249, Liberty, NC 27298; 919/622-4281. **Refrigerator, cooktops, ovens, dishwasher, trash compactor, disposer, and microwave oven**—KitchenAid, P.O. Box 558, St. Joseph, MI 49085; 800/422-1230. **Countertops**—Formstone by Avonite, 1945 Hwy. 304, Belen, NM 87002. **Sinks and faucets**—Kohler Co., Kohler, WI 53044. **Wide plank laminated and prefinished red oak floors**—Rappgo by Nordic American Corp. (address above). **Table and chairs**—Lineage Home Furnishings, Inc. (address above). **Checkerboard dinnerware**—The Pottery Barn; 800/922-5507. **Plant baskets, twig picture frames**—Lady Slipper Designs, Inc. (address above). **Interior and exterior doors**—Simpson Door Co. (address above). **Large-screen projection television**—RCA (address above). **Paint,** "November"—Dutch Boy Paints (address above). (***Right***): **Bar sink, faucet**—Kohler Co. (address above). **Wok, tea kettle, utensils**—Sur La Table, 84 Pine St., Seattle, WA 98101.

Pages 64–65: Windows—Hurd Millwork Co. (address above). **Window shades,** Chinoise "Sanpan"—Duette Window Fashions (address above). **Whirlpool tub, lavatory bowls, toilet, faucets, shower enclosure, programmable shower faucets (MasterShower Tower), towel bars, toilet tissue holder**—Kohler Co. (address above). **Ceramic bathroom tile**—Mannington Ceramic Tile, P.O. Box 1777, Lexington, NC 27293. **Vanity cabinet and hardware**—UltraCraft (address above). **Countertops**—Avonite, Inc. (address above). **Bathroom light bars, fluorescent back lights**—Thomas Industries, Inc. (address above). **Towels, bed linens**—Coming Home with Lands' End; 800/345-3696. **Interior doors**—Simpson Door Co. (address above). **Bedroom furniture, bedside lamp, bathroom bench**—Lineage Home Furnishings, Inc. (address above). **Interior plants**—Commercial Interiorscapes (address above). **Baskets**—Pier 1 Imports (address above). **Potpourri,** "Summer Sorbet"—Aromatique, Inc., P.O. Box 1500, Heber Springs, AR 72543. **Ceiling fan**—Hunter Fan Co., 2500 Frisco Ave., Memphis, TN 38114. **Carpet,** Saguaro "Turquoise"—DuPont "Stainmaster Luxura" by Masland (address above).

continued on page 148

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PHOTOGRAPHS: LOCKWOOD HOEHL

Vince and Becky's first major do-it-themselves project was an unqualified success. The couple adapted the room's architecture, installed new fixtures and tile, and constructed solid-wood cabinets.

You needn't be from Alamogordo or El Paso to enjoy the atmosphere of the American Southwest. A Pennsylvania couple let the drama of the desert inspire the motif for their remodeled bathroom.

Like an adobe home snuggled into the southwestern landscape, this bathroom's beauty springs from its handcrafted simplicity and palette of natural colors. But there's more to this bath redo than its striking style. Homeowners Vince and Becky Abromitis pulled off a low-cost tour de force. By doing all the remodeling work themselves, these home-improvement novices completed the entire bathroom project for less than $5,000.

Clear-finished pine cabinetry—with Indian-influenced ziggurat carvings—helps capture the rugged spirit of the region. Matching panels that envelop the sand-colored whirlpool bathtub expand the theme across the room.

Ceramic wall tiles in subdued desert tones echo the carved patterns of the cabinet doors. Gilded sink, tub, and shower faucets glisten like nuggets of gold baking in the New Mexico sun.

Taking its cue from the vast southwestern sky, this bathroom features a vaulted ceiling, an expansive mirror, and a stained-glass skylight to create an overall sense of light, openness, and drama.



Even if you hail from Anchorage or Akron, you can retreat to a sunny southwestern-style bathroom.

Nestled above the bathtub, a wall niche framed in step-patterned pine molding handsomely showcases some Native American art. Pale-colored vinyl flooring, white-painted walls, and generous soffit and overhead lighting keep the room bright as the noonday sun.



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COURTESY FAMOUS AND HISTORIC TREES



RIVER STORY

This children's environmental history documents the story of the Nashua River in Massachusetts. It charts the river's relationship with people from Indian times, through the industrial age, to a successful campaign to restore the once pristine waters. From: Harcourt Brace Jovanovich, Children's Books Division, 1250 Sixth Ave., San Diego, CA 92101.



JIM KASCOUTAS

GET THE LEAD OUT

Lead in paint can pose serious health problems if sanded or disturbed. To test your paint for lead, use Lead Check Swabs and get instant results. To use, simply crush the two ends of the swab, shake, and rub the moistened end on the surface. If the swab turns pink or red, you've got lead. The test works best on a sample that exposes [illegible] layers of paint. Look for Lead Check Swabs at hardware stores, drugstores, and home centers, or call the company at 800/262-LEAD.



COURTESY WESTPOINT STEPHENS

KIDS F.A.C.E. THE MUSIC

There's no more enthusiastic a group of environmentalists than today's kids, and here's proof. In 1989, 9-year-old Melissa Poe wrote the White House about the environment and got a form letter back. Instead of getting mad, she got to work and organized a club, Kids For A Cleaner Environment, and put it to work painting designs for an earth flag. Kids F.A.C.E. now has blossomed into a worldwide organization with more than 100,000 members. The WestPoint Stevens company turned the flag designs into this bedroom ensemble. The comforter, sheets, pillowcases, and curtains can be purchased at Wal-Mart and many other retailers. Two percent of the sales will be donated to the club. For kids interested in forming their own club, write to: Kids F.A.C.E., P.O. Box 158254, Nashville, TN 37215.

CLEAN GREEN MOWING MACHINE

Our nation's lawn mowers put out as much pollution as 3 million cars driving 16,000 miles a year each. With a battery-powered cordless mower such as this Black and Decker CM500 model, however, you eliminate the pollution; put an end to the gas spills, fouled plugs, and difficult starts; and cut the noise in half. The battery is charged with household current, and the mower cuts up to ¼-acre per charge. Prices run from $300 to $400 at home centers and hardware stores. BH&G





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EATING RIGHT ON THE ROAD



On long road trips, keep your hungry family happy with healthful foods.

The Scene: Family vacation, 1993.
The Challenge: Feeding your family healthful foods while still racking up the highway miles.
Your Choices:
A. Reach into the cooler and pull out veggie snacks and sandwich fixings. You were so smart to plan ahead.
B. Drive up to a fast-food restaurant and order from the more healthful menu. Pat yourself on the back for doing your homework. For suggestions on good choices, turn to the chart on *page 100.*

Family vacations call for mealtime pit stops, but that shouldn't mean speed and convenience get the wheel while healthful meals take a backseat. Whether you're toting your own picnic or stopping for fast food, remember these hints.

PACK A PANTRY ON WHEELS

Be prepared for mile-weary hunger pangs by bringing along some no-fuss, no-mess foods. A cooler is a must for in-the-car snacking or roadside picnicking. Be sure it is clean and well-stocked with ice or recyclable frozen packs. Keep it in a cool place—the passenger section of the car (rather than the trunk where it can get too warm) or a shady spot, if you picnic outdoors. For in-the-car eating, try these ideas:

- Put rinsed and drained grapes and cherries in resealable plastic bags for out-of-hand snacking.
- Thread a few fruit kabobs for easy eating. Brush cut-up apples, bananas, and peaches with lemon juice and alternate the pieces on wooden skewers. Arrange on paper towels in a flat storage container and cover.
- Toss together high-energy snacks of dried fruit (raisins, apricots, figs, cherries, blueberries, or cranberries) and shapely unsweetened breakfast cereals, such as circles, flakes, squares, and balls.
- Wrap flour tortillas around a filling of peanut butter and honey for no-chill snacks or lunchtime bites.
- Ice down a few containers of yogurt, and wrap up some muesli or low-fat granola to sprinkle on top.
- Bag up a batch of unsalted pretzels, bagel chips, or low-sodium crackers, such as melba toast or crispy rye crackers.
- Pop popcorn, spritz with butter-flavored cooking spray, toss with a little cinnamon and sugar, and tote in a brown paper bag.
- Cut up sticks of zucchini, carrots, kohlrabi, or jicama. Spoon low-fat dip into a small covered plastic container.
- Toss together torn lettuce, cherry tomatoes, and sliced cucumber for a ride-along salad. Seal portions in individual plastic bags that can be thrown away when empty. You can also pack individual packets of low-fat salad dressing.
- For sandwich fixings, load the cooler with low-fat meats, cheeses, bread spreads, sliced cucumber or tomato, and lettuce. Take along whole-grain bread or pita halves.
- For the cookie cravers in the car, pack low-fat choices, such as animal crackers, fig bars, gingersnaps, or vanilla or chocolate wafers.
- Toss a couple of frozen juice boxes into the cooler. They'll keep food extra cold until they're thawed for drinking.
- Pour ice cold water into an insulated vacuum bottle or into covered plastic cups with straws. It's always important to drink water, but especially during the summer months when the heat can dehydrate you quickly. Caffeinated beverages (such as tea, coffee, and colas) and alcoholic drinks do not count toward your water quota, but juice does.
- Remember to take along moist towelettes, paper towels, and a litter bag. They'll come in handy.

continued on page 100

BY JULIA MALLOY

Introducing the sweetener that topped the leader.



Enjoy the sweet, satisfying taste of new SugarTwin Plus, the only blend of the leading sweeteners. It tastes more like sugar, without all the bitter aftertaste of the leading brand. Taste tests prove it. So compare it for yourself, send for your free sample today!

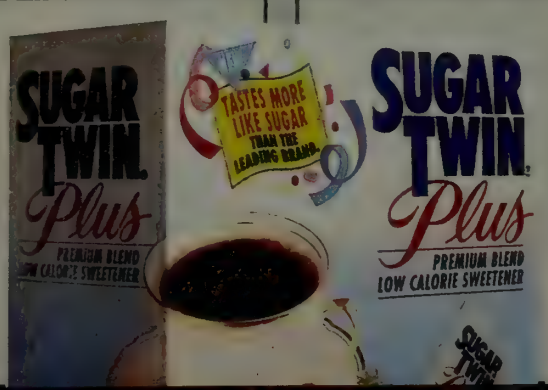
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Get free SugarTwin Plus packets and a valuable coupon. And start enjoying more sugar taste today. Mail to: SugarTwin Plus Free Sample Offer, P.O. Box 659, Bellwood, IL 60104-0659. Offer expires 12/31/93.

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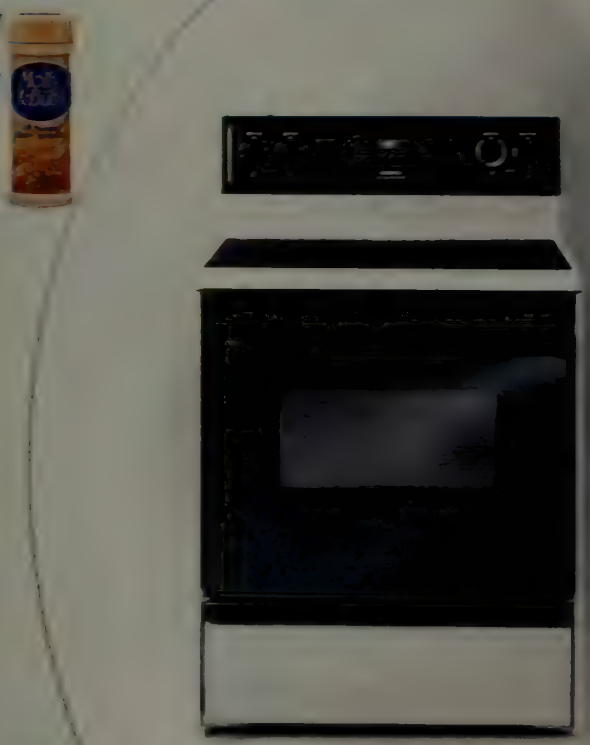


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ENTER NOW! Complete the form below, attach your recipe and send it to Molly McButter Recipe Contest, 1716 Locust Street, Des Moines, IA 50309-3023.

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City _____ State _____ Zip _____ Daytime Phone Number _____

1. To enter: complete the entry form and attach your recipe on an 8½" x 11" sheet of paper. OR print your name, address, daytime phone number and recipe with MOLLY MCBUTTER MAKES MY COOKIN' HEALTHY on an 8½" x 11" sheet of paper and mail to Molly McButter Recipe Contest, 1716 Locust Street, Des Moines, IA 50309-3023. Only one recipe per household. No purchase necessary. 2. All entries must be received no later than October 22, 1993. Not responsible for lost, late, misdirected, incomplete, illegible, damaged or postage due entries. 3. Contest is open to residents of the USA who are 18 years of age or older. Employees of Meredith Corporation, Alberto Culver, its agents, affiliates, subsidiaries, advertising & promotion agencies and families are not eligible. 4. Winners will be selected on or about November 15, 1993 and will be notified by mail and prizes delivered before January 31. All prizes will be awarded. 5. Entries must be original and not previously published. All entries and materials submitted become the property of Alberto Culver and will not be returned or acknowledged. All rights, title and interest, including copyrights of winning entries, belong to Alberto Culver. Alberto Culver reserves the right to edit, adjust, modify, abridge, condense, and excerpt entries. 6. All recipes must feature Molly McButter as a replacement for its dairy counterpart. Recipes must use at least one tablespoon of Molly McButter and must not use butter, sour cream, or cheese (cottage cheese and neufchatel are acceptable). 7. Recipes will be judged on the basis of taste, health/nutritional content, ease of preparation and originality. Judging will be conducted by the **Better Homes and Gardens®** Test Kitchen and Meredith Corporation food editors. The decisions of the judges are final. 8. Prizes: One Grand Prize of a new kitchen, including new Frigidaire refrigerator, range, dishwasher and microwave, and a $3000 decorating allowance (Total retail value of $5,499). Four First Prizes of Frigidaire Microwaves (retail value $179 each). 50 Second Prizes of *Better Homes & Gardens Family Favorites Made Lighter* cook book (retail value $24.95). Prizes are not exchangeable or transferable. No substitutions in lieu of prizes. 9. Entry constitutes entrants agreement to the official rules and constitutes permission to use winner's entry, name, hometown, likeness and/or photograph for editorial, public relations, promotional and advertising purposes on behalf of Meredith Corporation or Alberto Culver. Winners will be required to sign an Affidavit of Eligibility and Assignment and Release of Liability within ten (10) days of notification. 10. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes are the sole responsibility of the winners. 11. For a list of prize winners (available after November 22, 1993) send a separate, self-addressed, stamped envelope to: Meredith Custom Marketing, Molly McButter Recipe Contest, 750 Third Avenue, New York, NY 10017-2788.



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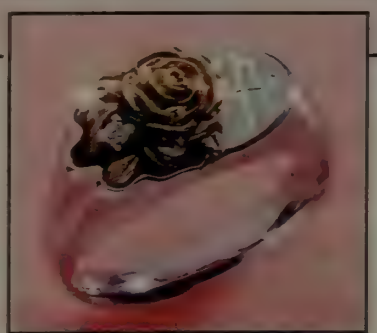
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continued from page 94

ORDER IT YOUR WAY

Lunch at the drive through. Go ahead—pull up to that drive-through window. Fast-food restaurants offer more nutritious choices than ever before, so you *can* make a heart-healthy pit stop. Encourage your family to order some of the smart picks listed in the chart, *right.* And, see if you can make any of the special requests suggested in the tips, *below.* To double check your choices, ask if nutrition information is available. If not, find out if there is a phone number you can call to request the information for another time.

Break for a cool and creamy treat. Hot, steamy days call for something cool. At your sweet stop, opt for ice milks, sherbets, low-fat frozen yogurts (some creamy versions are high in fat), sorbets, and low-fat dairy desserts. Several fast-food chains, such as McDonald's, even offer low-fat milk shakes. If you *must* have the richer and creamier flavor of the month, order one plain scoop in a cup or cone. Nuts, whipped cream, and most caramel or fudge sundae toppings tend to add fat. However, low-fat toppings are available at some ice-cream shops. Ask at the counter. BH&G

HOW TO HAVE IT YOUR WAY

Next time you're dining out on the road, here's how to combine good taste with good health:

- **Scan the menu for items that are grilled or broiled.**
- **Ask for whole-grain burger buns and breads.**
- **Request tomatoes, lettuce, and onions in sandwiches.**
- **Hold the extra cheese, opt for none, or specify a low-fat option.**
- **For sandwich toppers, order low-fat mayonnaise, mustard, relish, barbecue sauce, or catsup.**
- **At the salad bar, pick fresh fruits and vegetables. Go easy on ready-made salads laden with dressing, such as macaroni or potato.**
- **Opt for low-fat or nonfat salad dressings or plain vinegar. Ask for the "diet dressing" choices.**
- **Order iced water, low-fat milk, or fruit juices to drink.**

SMART PICKS FOR FAST FOOD

FOOD	CALORIES	FAT	SODIUM
Arby's			
Light Roast Chicken Sandwich	276	7	777
Roast Chicken Salad*	204	7	508
Burger King			
Chef Salad*	178	9	568
Broiler Chicken Sandwich	267	8	728
Chunky Chicken Salad*	142	4	443
Hardee's			
Hamburger	260	10	510
Long John Silver's			
Baked Chicken, Light Herb	130	4	630
Baked Fish, Lemon Crumb (3)	150	1	370
McDonald's			
McLean Deluxe	320	10	670
Hamburger	255	9	490
Chef Salad*	170	9	400
Chicken Fajita	190	8	310
Chunky Chicken Salad*	150	4	230
Subway			
Roast Beef Salad* (small)	222	10	775
Veggie Sub (6 in. wheat)	282	9	568
Taco Bell			
Soft Shell Chicken Taco	213	10	615
Wendy's			
Jr. Hamburger	270	9	590
Grilled Chicken Salad*	200	8	690
Grilled Chicken Sandwich	290	7	670
Chili (small)	190	6	670

*Note: Figures for salads are without dressings. Use a nonfat dressing (if available) to help keep the fat and calories down.

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Serves 4

- 1 pkg. Louis Kemp Crab Delights,® flake style
- ½ c. mayonnaise
- 2 stalks celery, chopped
- 3 Tbsp. finely chopped onion

Cut Crab Delights flakes in half or shred. Combine with mayonnaise, celery and onion. Serve as a sandwich or on lettuce.

For more exciting seafood recipes, call 1-800-522-1421 (M-F 9-4 CT).

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OUIS KEMP. ALL YOU NEED TO KNOW ABOUT SEAFOOD.

Homemade jam? Yes, in under an hour!



SURE•JELL®
3-Step Peach Jam Recipe

1. MIX
thoroughly in a large bowl
2-1/4 cups finely chopped peach
2 Tbsp. fresh lemon juice
1 tsp. EVER-FRESH™ Fruit Protec
(optional, prevents browning)
5 cups sugar.
Set aside 10 minutes.



2. STIR
in a saucepan
1 box SURE•JELL® Fruit Pecti
3/4 cup water.
Bring to a boil, stirring constantly.
Boil 1 minute. Remove from heat.

3. STIR
pectin and fruit
mixtures together *until sugar is completely dissolved and no longer grainy*, about 3 minutes.
Pour into plastic containers; cover. L
stand at room temperature 24 hours.
Jam is now ready to use.
Makes 6 (1 cup) containers.

Store in refrigerator up to 3 weeks
or freeze extra containers up to 1 yea
Thaw in refrigerator.



Important: Measure sugar and fruit exactly; c
not change amounts or jam will not set prope
Helpful tip: Buy 2 pounds of peaches.
Peel, chop and measure exact amount.



Fresh fruit jam is easie
than ever. Just follow
the SURE•JELL® 3-ste
recipe above for delici
peach jam in minutes.



Or for jam with 1/3 les
sugar, look inside
SURE•JELL LIGHT™
packages for peach jam
other great recipes.

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Color-splashed garden salads go hand in hand with the relaxing days of summer.



potluck pasta salad

best-of-summer

salads and tarts

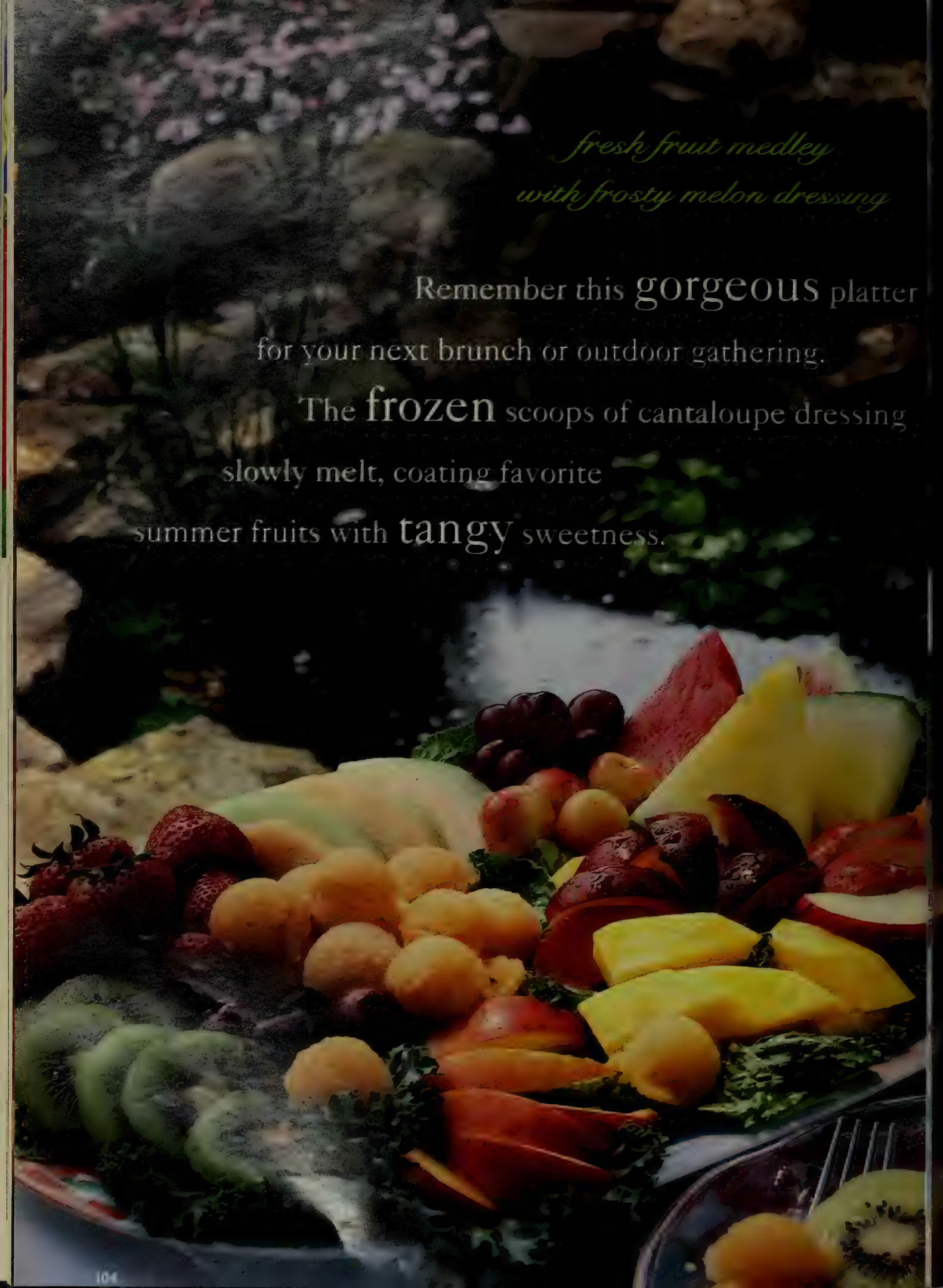
BY LISA HOLDERNESS

Tarts, with their flaky, golden pastries, showcase summer fruits in the most irresistible way.

raspberry-lemon tartlets



Recipes begin on page 118.



fresh fruit medley with frosty melon dressing

Remember this **gorgeous** platter for your next brunch or outdoor gathering. The **frozen** scoops of cantaloupe dressing slowly melt, coating favorite summer fruits with **tangy** sweetness.

best-of-summer salads





sesame chicken kabob salad

Who said **fresh** salads can't be **fun**?
Playful, spinning radish tops and zigzag
chicken and pineapple kabobs
add a **whimsical** touch
to this oriental salad plate.

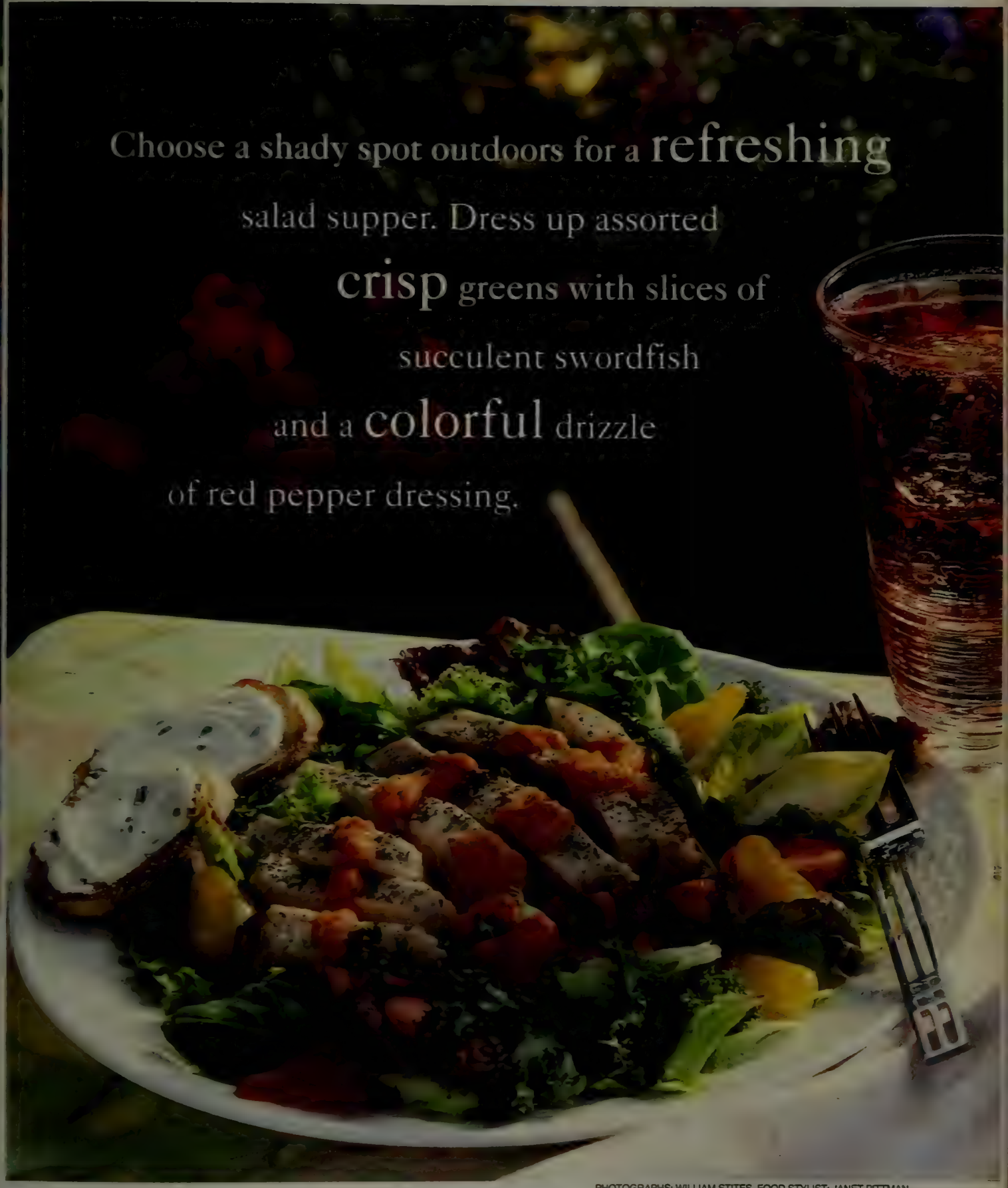
Recipes begin on page 120.



italian mozzarella salad

Summer promises the vibrant, full-flavored tomatoes that we adore. Costar juicy red and yellow tomatoes with mozzarella in this quick-to-fix, main-dish salad.

Recipes begin on page 122.



PHOTOGRAPHS: WILLIAM STITES. FOOD STYLIST: JANET PITTMAN

garden greens with swordfish

best-of-summer tarts



warm peach and nutmeg tart

A melt-in-your-mouth slice of new-fashioned peach tart. Or, a cool and refreshing wedge of mixed fruits with crème. How can you choose just one?

Recipes begin on page 128.

mixed fruit tart with amaretto crème





country cherry and apricot tart

Wrap plump cherries and **ripe** apricots in a classic, **rich** pastry. No fluting makes the crust **easier** than ever.

Recipe begins on page 130. Buying information, page 148.
For homemade pastry pointers, check out Tips for Tart Success on page 129.

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Board.

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

EVERY RECIPE ANALYZED

With each recipe, we give nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein will help you keep tabs on what you eat. Also, check the levels per serving of vitamin A, vitamin C, calcium, and iron. These are noted in percentages of Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration.

HOW WE ANALYZE

We omit optional ingredients.

The analysis is calculated using two percent milk unless otherwise specified in the ingredients.

When ingredient choices appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one over the other.

We use the first serving size listed when a range is given.

WHAT YOU NEED

Use our analysis to chart the nutrition value of the foods you eat. The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive for each day:

Calories: About 2,000
Fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary Fiber: 20 to 30 grams

There's no real harm in going over or under these guidelines in any single day, but aim for a balanced diet.

AUGUST RECIPE INDEX

BEST-OF-SUMMER

SALADS AND TARTS

Country Cherry and Apricot Tart 130
Fresh Fruit Medley with Frosty Melon Dressing 120
Garden Greens with Swordfish 122
Goat Cheese Croutons 122
Homemade Pastry 129
Honey-Lime Turkey Breast Salad 112
Italian Mozzarella Salad . . . 122
Lemon and Poppy Seed Pastry 120
Mixed Fruit Tart with Amaretto Crème 130
Potluck Pasta Salad. 118
Raspberry-Lemon Tartlets . . 118
Roasted Pepper Dressing . . . 122
Sesame Chicken Kabob Salad 120
Warm Peach and Nutmeg Tart 128

PRIZE TESTED RECIPES

Chicken Burgers with Fresh Fruit Salsa 138
Chili Pepper Cheese Burgers . 137
Stuffed Zucchini 138
Zucchini and Feta Cheese Soufflés 137

BEST-OF-SUMMER RECIPES

continued from page 110

HONEY-LIME TURKEY BREAST SALAD

Toss this chunky turkey and fruit sala with a refreshing yogurt and sou cream dressing. For an extra low-f version, use the nonfat yogurt an low-fat sour cream options—

⅓ cup plain low-fat *or* nonfat yogurt
⅓ cup regular *or* lower-fat dairy sour cream
2 Tbsp. honey
1½ tsp. finely shredded lime peel
2 tsp. lime juice
¼ tsp. salt
¼ tsp. pepper
2 cups cooked turkey *or* chicken breast cut into bite-size pieces
2 medium peaches, sliced, *or* 1 cup cubed mango *or* papaya
1 cup halved seedless red grape
⅓ cup thinly sliced celery
2 Tbsp. snipped fresh chives

continued on page 11



When light sounds right for dinner or lunch, fresh and fruity Honey-Lime Turkey Breast Salad really hits the spot.



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TAKE HEART...ROMANCE IS STILL IN STYLE

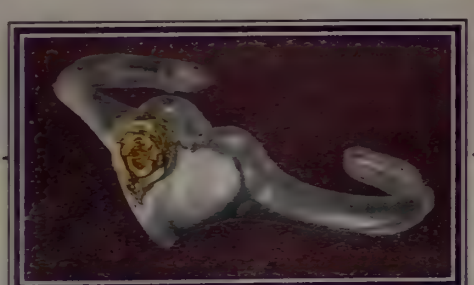
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BEST-OF-SUMMER RECIPES

continued from page 112

Assorted greens such as Bibb and red leaf lettuce
Fresh fruit such as cherries, sliced kiwi fruit, *and/or* champagne grapes (optional)
Edible flowers such as chive blossoms (optional)

● **For dressing,** in a small mixing bowl stir together yogurt, sour cream, honey, lime peel, lime juice, salt, and pepper.

● **In a large mixing bowl combine** turkey or chicken; peaches, mango, or papaya; grapes; celery; and chives. Add dressing and stir gently to combine. Cover and chill for at least 1 hour or up to 24 hours.

● **Line 4 salad plates** with assorted greens. Divide turkey mixture among the plates. Garnish with fresh fruit and edible flowers, if desired. Makes 4 main-dish servings.

Nutrition facts per serving: *245 cal., 5 g total fat (3 g sat. fat), 74 mg chol., 206 mg sodium, 25 g carbo., 2 g fiber, 26 g pro. Daily Value: 14% vit. A, 17% vit. C, 8% calcium, 11% iron.*

POTLUCK PASTA SALAD

This make-ahead salad totes easily to summer gatherings. For larger groups, simply double the ingredients—

4 oz. wagon wheel macaroni *or* desired pasta (1⅓ cups)
4 oz. tri-colored corkscrew macaroni *or* desired pasta
1 tsp. crushed dried red pepper
1 medium red sweet pepper, cut into thin strips
1 medium yellow squash *and/or* zucchini, halved lengthwise and sliced
1 10-oz. pkg. frozen peas, thawed, *or* 1½ cups cooked and cooled fresh peas (pods removed)
1 6-oz. can pitted ripe olives, drained
4 oz. smoked cheddar cheese, cubed
1 cup unblanched whole almonds, toasted
½ cup sliced green onion
2 Tbsp. snipped fresh tarragon, oregano, basil, *or* dill
1 8-oz. bottle regular *or* nonfat Italian salad dressing

● **Cook pasta** according to package directions *except* add crushed red pepper to the cooking water. Rinse with cool water and drain thoroughly. Cool pasta to room temperature.

● **In a large mixing bowl combine** pasta, sweet pepper, yellow squash or zucchini, peas, olives, cheese, almonds, green onion, and herb.

● **Add dressing to pasta mixture.** Toss gently to mix. Cover and chill for 2 hours or up to 24 hours. Makes 12 side-dish servings.

Nutrition facts per serving: *302 cal., 20 g total fat (4 g sat. fat), 10 mg chol., 293 mg sodium, 24 g carbo., 3 g fiber, 9 g pro. Daily Value: 19% vit. A, 27% vit. C, 15% calcium, 12% iron.*

RASPBERRY-LEMON TARTLETS

To save time, make the lemon curd up to 2 days ahead and chill. You can also prepare and chill the Lemon and Poppy Seed Pastry up to 2 days ahead—

½ cup sugar
1 Tbsp. cornstarch
1½ tsp. finely shredded lemon peel
3 Tbsp. lemon juice
3 Tbsp. water
3 beaten egg yolks
¼ cup unsalted butter *or* lightly salted butter, cut into 4 pieces
Nonstick spray coating
1 recipe Lemon and Poppy Seed Pastry (see recipe, *page 120*)
¼ cup apple jelly
2 tsp. water
2 to 2½ cups fresh red, yellow, *and/or* black raspberries *and/or* blackberries

● **For lemon curd filling,** in a small saucepan stir together sugar and cornstarch. Stir in the lemon peel, lemon juice, and the 3 tablespoons water. Cook and stir over medium heat till thickened and bubbly.

● **Slowly stir *half* of the lemon** mixture into the 3 beaten egg yolks. Then return all of the egg yolk mixture to the saucepan. Cook and stir till mixture comes to a gentle boil. Cook and stir for 2 minutes more. Remove from heat. Add butter all at once, stirring till completely melted. Cover surface with plastic wrap. Chill at least 1 hour or for up to 48 hours.

● **Spray nonstick coating onto** four 4- to 4½-inch tart pans* with removable bottoms. Divide the Lemon and Poppy Seed Pastry into 4 equal portions.



Use your fingers to press the Lemon and Poppy Seed Pastry onto the bottom and up the sides of each tart pan.

Using your fingers, press 1 portion onto the bottom and up the sides of *each* tart pan (see photo, *above*). Using the tines of a fork, generously prick bottom and sides of pastry in each tart pan. Line pastry shells with a double thickness of foil.

● **Bake in a 375° oven** for 7 minutes. Remove foil. Bake for 9 to 10 minutes more or till golden. Completely cool pastry shells in pans on a wire rack.

● **In a small saucepan heat** and stir apple jelly and the 2 teaspoons water till melted. Cool slightly.

● **Gently wash berries;** drain atop several layers of paper towels till dry. This keeps berries from watering out when placed atop the tart filling.

● **Spread a *fourth*** of the lemon curd filling into *each* pastry shell. Top each with berries. With a pastry brush, brush berries gently with the slightly cooled jelly. Loosen and remove sides of pans and bottoms, if desired. Serve immediately or cover and chill tarts for up to 4 hours. Cut each tartlet in half to serve. Makes 8 servings.

***For one 9-inch tart:** Spray nonstick coating onto a 9-inch round tart pan with removable bottom. Roll *all* of the Lemon and Poppy Seed Pastry between 2 sheets of waxed paper to an 11-inch circle. Remove top paper. Carefully invert pastry into the 9-inch tart pan. Remove remaining waxed paper while easing pastry into pan. If needed, trim pastry even with rim of pan. Continue as above. Serves 8.

Nutrition facts per serving: *318 cal., 17 g total fat (9 g sat. fat), 143 mg chol., 8 mg sodium, 41 g carbo., 2 g fiber, 3 g pro. Daily Value: 22% vit. A, 20% vit. C, 5% calcium, 9% iron.*

continued on page 120



GET A HANDLE ON DINNER.

Tonight, introduce
r family to some-
g new and different
inner time. Helping
do the work. Sounds
d, doesn't it?

You cube the sirloin
round up the veg-
cles, but let the kids
g them together on

THREE-PEPPER BEEF KABOBS-25 MINUTES

- 1-lb boneless beef sirloin steak, cut 1" thick
- 2 Tbsp vegetable oil
- 1 Tbsp *each* fresh lemon juice and water
- 2 tsp Dijon-style mustard
- 1 tsp honey
- ¼ tsp dried oregano leaves
- ¼ tsp pepper
- 1 medium green, red or yellow bell pepper, cut into 1" pieces
- 8 large mushrooms

Cut steak into 1" pieces. Whisk together oil, lemon juice, water, mustard, honey, oregano and pepper in large bowl; add beef, bell pepper and mushrooms, stirring to coat. Alternately thread pieces of beef, bell pepper and mushrooms on four 12" skewers. Place kabobs on rack in broiler pan 3 to 4" from heat. Broil 9 to 12 min for rare to medium, turning occasionally. Season with salt, if desired. 4 servings

the skewers. Who knows, you may have a kabob prodigy on your hands.

It's worth trying. So maybe someday you'll get to be the one asking "What's for dinner?"

BEEF SM

IT'S WHAT'S FOR DINNER.

BEST-OF-SUMMER RECIPES

continued from page 118

LEMON AND POPPY SEED PASTRY

Prepare this homemade sweet pastry for the Raspberry-Lemon Tartlets. It makes enough for four small tartlets or one large tart—

- **1 cup all-purpose flour**
- **¼ cup sugar**
- **⅓ cup cold unsalted butter *or* lightly salted butter**
- **1 beaten egg yolk**
- **1 Tbsp. lemon juice**
- **2 tsp. poppy seed**

● **In a medium mixing bowl stir** together flour and sugar. Using a pastry blender, cut in the butter till pieces are the size of small peas.

● **In a small mixing bowl combine** the egg yolk, lemon juice, and poppy seed. Gradually stir egg yolk mixture into the flour mixture. Dough will *not* be completely moistened. Using your fingers, gently knead the dough just till a ball forms.

● **Use the dough immediately,** or wrap it in plastic wrap and chill for up to 48 hours. (If chilling, bring the dough to room temperature before using.) Makes enough dough for four 4- to 4½-inch tarts or one 9-inch tart (8 servings).

Nutrition facts per serving: *90 cal., 2 g total fat (1 g sat. fat), 28 mg chol., 1 mg sodium, 17 g carbo., 0 g fiber, 2 g pro. Daily Value: 4% vit. A, 1% vit. C, 1% calcium, 5% iron.*

FRESH FRUIT MEDLEY WITH FROSTY MELON DRESSING

Salad dressing in frozen, sorbetlike scoops? Sure! It's fun to serve, and as the dressing melts, it coats the fruit—

- **¼ cup orange juice**
- **1 tsp. unflavored gelatin**
- **1½ cups very ripe cantaloupe chunks**
- **1 Tbsp. honey**
- **2 tsp. white wine vinegar**
- **⅛ tsp. ground cinnamon**
- **Kale *and/or* romaine (optional)**
- **5 to 6 cups assorted fresh fruit such as sliced nectarines, peeled and sliced kiwi fruit, strawberries, seedless grapes, cherries, sliced pears, sliced plums, papaya chunks, yellow *and* red watermelon, honeydew melon, *and/or* cantaloupe**

● **In a small saucepan combine** orange juice and gelatin; let stand for 5 minutes to soften. Stir over low heat till gelatin is dissolved; set aside.

● **In a blender container** or food processor bowl blend or process the 1½ cups cantaloupe, honey, vinegar, and cinnamon till smooth. Add orange juice mixture; process till combined.

● **Transfer melon mixture** to an 8x4x2-inch or 9x5x3-inch loaf pan. Cover; freeze for 4 hours or till firm. Break frozen mixture into small chunks. Transfer melon mixture to a chilled mixing bowl. Beat with an electric mixer on medium-low speed till smooth but not melted. Rinse and dry the pan; line with plastic wrap. Return mixture to loaf pan. Cover and freeze till firm or for up to 2 weeks.

● **To serve, arrange kale or romaine** on a serving platter or 6 salad plates. Place the desired fruit atop the greens.

● **For dressing, use** a melon baller or scrape a spoon across the top of the frozen melon mixture to make small scoops. (If too frozen to scoop or scrape, let frozen dressing sit at room temperature for 5 to 10 minutes to soften). Place frozen scoops of dressing atop fruit and serve immediately. Makes 6 side-dish servings.

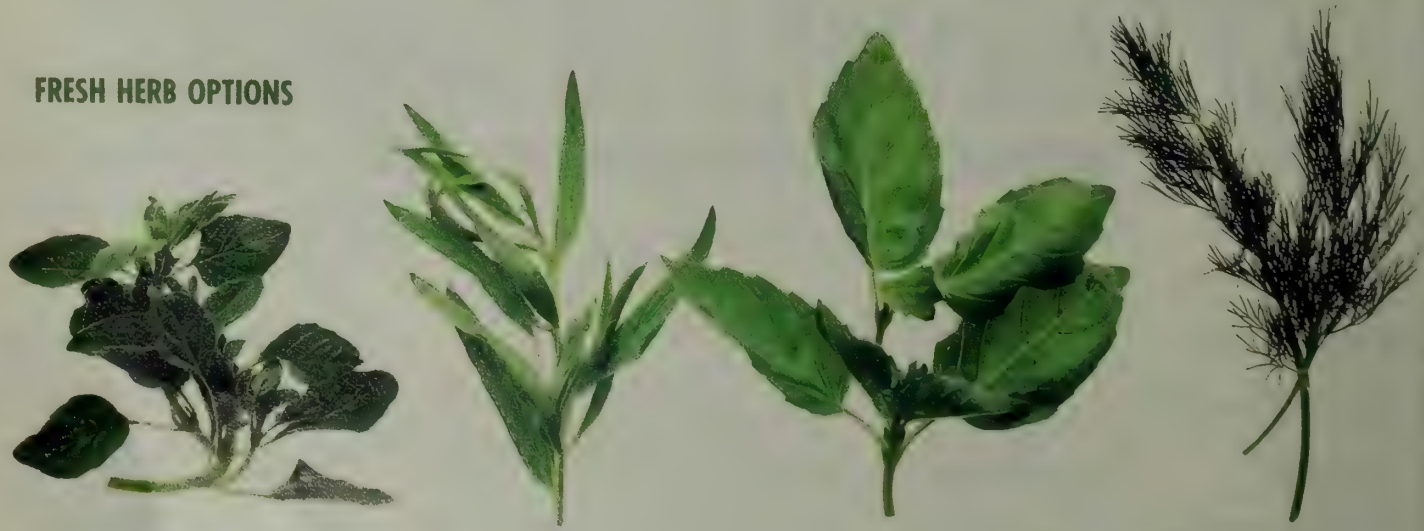
Nutrition facts per serving: *85 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 7 mg sodium, 21 g carbo., 2 g fiber, 2 g pro. Daily Value: 31% vit. A, 85% vit. C.*

SESAME CHICKEN KABOB SALAD

- **4 medium skinless, boneless chicken breast halves (1 lb.)**
- **16 fresh pineapple chunks (1 cup)**
- **3 Tbsp. salad oil**
- **3 Tbsp. rice vinegar *or* white wine vinegar**
- **1 Tbsp. toasted sesame oil**
- **1 Tbsp. soy sauce**
- **½ tsp. dry mustard**
- **1 Tbsp. plum sauce *or* chili sauce**
- **2 cups chopped red cabbage**
- **2 cups chopped bok choy *or* iceberg lettuce**
- **16 to 24 fresh pea pods, trimmed**
- **½ cup enoki mushrooms *or* sliced white mushrooms**
- **½ cup sliced radishes***
- **Toasted sesame seed (optional)**

continued on page 122

FRESH HERB OPTIONS



OREGANO: Small, teardrop-shaped leaves; strong, spicy flavor. Add to sauces and pasta salads.

TARRAGON: Long, slender leaves; spicy, sharp flavor with licoricelike overtones. Try it in marinades for grilled meats.

SWEET BASIL: Wide, oval, silky green leaves; robust, peppery flavor. Pairs perfectly with tomatoes and tossed salads.

DILL: Tiny, feathery, green leaves; delicate and refreshing taste. Excellent with fish and seafood or vegetables.

asty cream cheese is great for making asy cream cheese fruit squares hat look this delicious...



...and taste this delicious.

So try creamy, rich cream cheese in this easy recipe and see just how delicious it can look – and taste – for yourself.

sy Cream Cheese Fruit Squares

kes about 24 squares)

- up sugar, divided
- up butter
- cups graham cker crumbs
- 3 packages (8 oz. each) cream cheese
- 4 eggs
- 1 tsp. vanilla extract
- 1 (21 oz.) can blueberry filling or topping

eat oven to 325°F. To prepare crust: In a medium saucepan place p sugar and butter; heat until butter is melted, stirring occasionally. n graham cracker crumbs; press mixture evenly over the bottom of a -in. baking pan. In a large bowl with an electric mixer beat cream se until smooth. Gradually beat in remaining ¾ cup sugar. Beat in , one at a time, and vanilla, until well blended. Spoon blueberry fill- v enly over crust. Carefully pour cream cheese mixture over blue- ies. Bake just until set, 45 to 50 minutes. Cool. Chill until cold, t 2 hours or longer. Cut into 24 squares. Serve garnished with straw- y halves or mint leaves, if desired.



America's Dairy Farmers
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BEST-OF-SUMMER RECIPES

continued from page 120

● **Rinse chicken** and pat dry with paper towels. Cut *each* chicken breast half into *4* lengthwise strips. On *each* of *eight* 6-inch wooden skewers, thread *2* of the chicken strips and *2* pieces of pineapple. Place kabobs in a single layer in a 2-quart rectangular microwave-safe baking dish.

● **For dressing,** in a screw-top jar combine salad oil, vinegar, sesame oil, soy sauce, and dry mustard. Cover and shake till combined. Reserve *2 tablespoons* dressing. Cover remaining dressing; chill till needed.

● **Stir together** the 2 tablespoons reserved dressing and plum sauce or chili sauce. Brush kabobs with *some* of the mixture.

● **Micro-cook kabobs,** covered with vented heavy plastic wrap, on 100% power (high) for 2 minutes. Turn kabobs over, rearrange in dish, and brush again with remaining sauce mixture. Micro-cook, covered, on high for 2 to 4 minutes more or till chicken is no longer pink.

● **Combine cabbage and bok choy** or lettuce and divide among 4 dinner plates. Top with kabobs, pea pods, mushrooms, and radishes. Shake chilled dressing to combine; drizzle atop each salad. Sprinkle with sesame seed. Makes 4 main-dish servings.

***Note:** For spinning-top radishes, thinly slice about 5 radishes. With a knife, make a notch in each slice, cutting from center to edge. Holding 2 radish slices, line up notches; press together, making a spinning top. Repeat with remaining radishes.

***Nutrition facts per serving:** 314 cal., 18 g total fat (3 g sat. fat), 59 mg chol., 344 mg sodium, 16 g carbo., 3 g fiber, 25 g pro. Daily Value: 130% vit. C.*

ITALIAN MOZZARELLA SALAD

One bite of fresh mozzarella and you'll understand the difference between this and the firmer, more stringy, packaged mozzarella available in most stores. The fresh version has a soft, moist texture and a creamy-rich taste. It is usually made by hand so it tends to be expensive. For the freshest flavor, enjoy this cheese within a week of purchasing, or cover and freeze. To purchase, see information at right—

¼ cup red wine vinegar
¼ cup olive oil *or* salad oil
1½ tsp. snipped fresh basil *or* ½ tsp. dried basil, crushed
1 tsp. Dijon-style mustard
¼ tsp. crushed red pepper
1 small clove garlic, minced
8 oz. round- *or* log-shaped mozzarella (preferably fresh mozzarella) *or* part-skim scamorza
1 15-oz. can black beans *or* garbanzo beans
1 15-oz. can butter beans *or* great northern beans
1 small cucumber, quartered lengthwise and sliced (1 cup)
2 red *and/or* yellow tomatoes, thinly sliced
½ cup thinly sliced green onion
Fresh basil sprigs (optional)

● **In a jar with a screw-top lid** combine vinegar, oil, basil, mustard, crushed red pepper, and garlic. Cover and shake well to mix. Chill till needed, up to 48 hours.

● **Cut mozzarella or scamorza cheese** into thin slices; set aside. Drain and rinse beans; drain thoroughly.

● **In a large mixing bowl combine** beans and cucumber. Add dressing to bean mixture; toss. Divide among 4 dinner plates. Arrange cheese and tomato slices alternately atop bean mixture. Sprinkle with sliced green onion. Garnish with basil sprigs, if desired. Makes 4 main-dish servings.

***Nutrition facts per serving:** 433 cal., 23 g total fat (8 g sat. fat), 32 mg chol., 834 mg sodium, 36 g carbo., 11 g fiber, 26 g pro. Daily Value: 24% vit. A, 41% vit. C, 56% calcium, 24% iron.*

***Note:** Look for fresh mozzarella or scamorza (also spelled scamorze or scamorzo), in the specialty cheese department of your grocery store, gourmet stores, or Italian markets.

Or, to mail-order, call the Mozzarella Company in Dallas, Texas, at 800/798-2954. They sell their handmade fresh mozzarella for $7.50 per pound plus overnight shipping.

GARDEN GREENS WITH SWORDFISH

1 lb. fresh *or* frozen swordfish *or* tuna steaks, cut ½ to 1 inch thick
1 Tbsp. lemon juice
1 tsp. dried Italian seasoning, crushed
¼ tsp. garlic salt
1 recipe Goat Cheese Croutons (optional)
5 cups torn assorted salad greens such as leaf lettuce, Belgian endive, radicchio, *and/or* curly endive
1 cup torn arugula *or* torn assorted salad greens
12 pear-shaped baby red *and/or* yellow tomatoes, halved, *or* cherry tomatoes, halved
1 recipe Roasted Pepper Dressing (see recipe, *below*)

● **Thaw fish, if frozen.** Brush swordfish or tuna steaks with lemon juice. Combine Italian seasoning, garlic salt, and ⅛ teaspoon *pepper;* rub mixture all over fish. Measure thickness of fish. Place fish on the greased, unheated rack of a broiler pan.

● **Broil 4 inches from the heat** for 4 to 6 minutes per ½-inch thickness. (If fish is 1 inch thick, turn over halfway through broiling.) Remove fish from rack and cut into strips. (Keep the broiler on and toast the croutons.)

● **Divide assorted greens** and arugula among 4 dinner plates. Top with fish slices and tomatoes. Stir Roasted Pepper Dressing; drizzle atop salads. Serve with Goat Cheese Croutons, if desired. Makes 4 main-dish servings.

***Nutrition facts per serving:** 293 cal., 1[illegible] g total fat (3 g sat. fat), 45 mg chol., 396 mg sodium, 8 g carbo., 2 g fiber, 2[illegible] g pro. Daily Value: 62% vit. A, 102% vit. C, 10% calcium, 19% iron.*

***Goat Cheese Croutons:** In a small bowl stir together 2 ounces *soft goat cheese (chèvre)* or *cream cheese* and ½ teaspoon snipped fresh *chives, basil,* or *parsley.* Place 8 very thin slices *baguette-style French bread* on the rack of a broiler pan. Broil 4 inches from heat for 30 to 60 seconds or till bread is lightly toasted, turning twice. Spread cheese mixture on one side of each bread slice. Makes 8 croutons.

***Nutrition facts per crouton:** 23 cal., 2 g total fat (1 g sat. fat), 6 mg chol., 41 mg sodium, 0 g carbo., 0 g fiber, 1 g pro.*

ROASTED PEPPER DRESSING

1 large red sweet pepper, roasted*, *or* ½ of a 7-oz. jar roasted sweet peppers, drained
¼ cup salad oil
3 Tbsp. white wine vinegar
Dash ground red pepper

continued on page 12[illegible]

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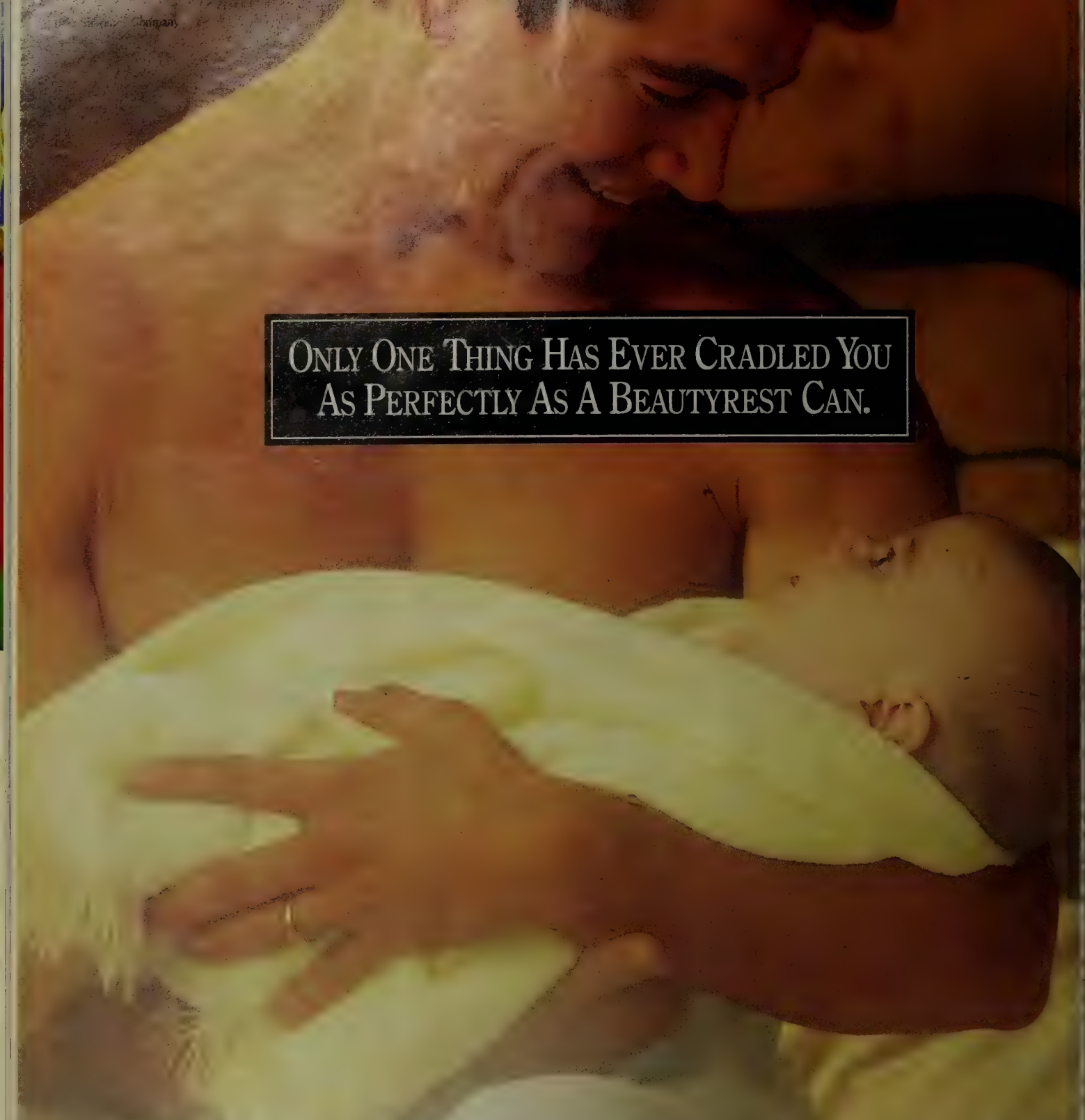
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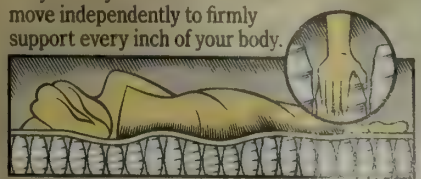
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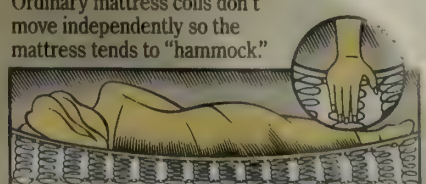
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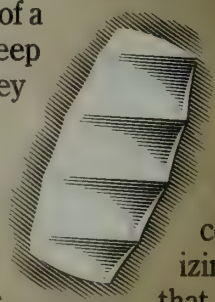
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"Little Bit of Sunshine" by artist Gaby ademann, is the first issue in the *Little Bits* ollection of porcelain dolls capturing babies ho embody life's most precious qualities.

"Sunshine's" head, arms, and legs are andcrafted of fine porcelain, expertly culpted down to the last detail. Her hands e tightly clenched just like a real baby's and er chubby legs and dimpled feet show all he natural creases of a real infant. Sunshine's" softly closed, hand-painted es and gentle lips capture an infant's sweet xpression during sleep. And her hand-ainted cheeks seem to glow warmly in her andcrafted cotton-blend removable night-own and lace-trimmed bonnet.

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HOW MOTHER NATURE TREATS HER KIDS.

BEST-OF-SUMMER RECIPES

continued from page 122

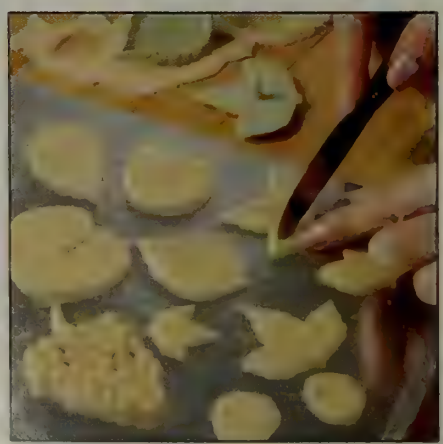
● **In a blender container** or food processor bowl combine roasted sweet pepper, salad oil, vinegar, ground red pepper, and ¼ teaspoon *salt;* cover and blend or process till nearly smooth. Transfer dressing to a covered pitcher or storage container; chill till serving time, up to 24 hours. Makes about 1 cup.

***To roast red sweet pepper:** Cut pepper in half lengthwise. Remove seeds. Place pepper, cut side down, on a foil-lined baking sheet. Bake, uncovered, in a 425° oven for 20 to 25 minutes or till skin is bubbly and brown. Place pepper in a clean paper bag; seal and let stand for 20 to 30 minutes or till cool enough to handle. Pull skin off gently and slowly using a paring knife.

***Nutrition facts per tablespoon:** 32 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 36 mg sodium, 0 g carbo., 0 g fiber, 0 g pro. Daily Value: 1% vit. A, 18% vit. C, 0% calcium, 0% iron.*

WARM PEACH AND NUTMEG TART

1 recipe Homemade Pastry (see recipe, *page 129*)
1 beaten egg
⅔ cup sugar
3 Tbsp. all-purpose flour
1½ tsp. finely shredded orange peel
¼ tsp. ground nutmeg
4 cups peeled and sliced ripe peaches (7 to 8 medium)
½ cup whipping cream
1 Tbsp. sugar
½ tsp. finely shredded orange peel
Coarsely shredded orange peel (optional)



Use the dull edge of a butter knife to make decorative marks in the pastry shapes, such as veins in leaves and indents in peaches.

● **For the crust, reserve** a *fourth* of the Homemade Pastry; cover and set aside. On a lightly floured surface, roll remaining pastry into a 13x10-inch rectangle. Ease pastry into an 11x8x1-inch rectangular tart pan with a removable bottom. (*Or,* roll pastry into a 12-inch circle. Ease the round pastry into a 10-inch round tart pan with a removable bottom.) Use your fingers to trim pastry from pan edge, reserving trimmings. Or, roll a rolling pin across the pan edge to remove excess pastry. Line pastry with a double thickness of foil; set aside.

● **On a lightly floured surface, roll** reserved pastry and any pastry trimmings to ⅛-inch thickness. Using a small knife, cookie cutters, or your hands, shape or cut pastry into desired shapes, such as a bunch of grapes, peaches, cherries, branches, and leaves. Transfer shapes to an ungreased baking sheet. Use the dull edge of a butter knife to make decorative marks in pastry shapes, such as veins in leaves and indents in peaches (see photo, *at left*). Brush with beaten egg; sprinkle with additional *sugar.*

● **Bake crust and pastry shapes** in a 400° oven for 10 to 12 minutes or till pastry shapes are golden brown (if sizes of pastry shapes vary, smaller shapes may brown more quickly). Transfer pastry shapes to a wire rack. Carefully remove foil from crust; set crust, in the pan, on a wire rack.

● **For filling,** in a large mixing bowl stir together the ⅔ cup sugar, flour, the 1½ teaspoons peel, and the nutmeg. Add peaches; toss gently to coat. Spoon mixture into pastry crust.

● **Bake in a 400° oven** for 30 to 40 minutes or till pastry is golden. Cool slightly on a wire rack.

● **Top tart** with pastry shapes; serve warm or cover and store at room temperature for up to 1 day. To store leftover tart longer, cover and chill for up to 3 days.

● **To serve, prepare** orange whipped cream: In a chilled small mixing bowl beat whipping cream, the 1 tablespoon sugar, and the ½ teaspoon finely shredded orange peel with the chilled

beaters of an electric mixer on medium-high speed just to soft peaks. Transfer to a serving bowl and top with coarsely shredded orange peel. Cut tart in squares; serve with orange whipped cream. Serves 8.

Nutrition facts per serving: *348 cal., 19 g total fat (7 g sat. fat), 47 mg chol., 81 mg sodium, 42 g carbo., 2 g fiber, 4 g pro. Daily Value: 15% vit. A.*

TIPS TO PASTRY SUCCESS

The flavor and texture of homemade pastry are hard to beat. Plus, some recipes, such as the Warm Peach and Nutmeg Tart and the Country Cherry and Apricot Tart, call for uniquely shaped crusts that simply work best with homemade pastry. Unfortunately, homemade pastry has a reputation for being difficult and unpredictable.

Actually, pastry isn't hard but it does take practice and a good recipe. Our Test Kitchen offers these tips and the Homemade Pastry recipe (*at right*) to get you started.

- ***Measure accurately.*** **Too much flour makes pastry tough, too much shortening makes pastry greasy and crumbly, and too much water makes pastry tough and soggy.**
- ***Use a pastry blender*** **or two forks for cutting in the shortening. Mixing by hand tends to soften the shortening, making a sticky, hard-to-handle dough. Avoid blending the fat completely with the flour because this produces pastry that's mealy, rather than flaky (just blend till the shortening is the size of small peas).**
- ***Select dull metal*** **or glass tart pans or pie plates, if possible. These allow pastry crusts to brown better than shiny metal pans do.**
- ***Use a stockinette cover*** **for your rolling pin and a pastry cloth for a rolling surface to help prevent the pastry from sticking. Or, use a marble rolling pin and board.**
- ***Prick unfilled crusts*** **well with a fork before baking. This prevents puffing. Lining the bottom of the pastry with heavy foil for the first part of baking time also helps prevent puffing. Do not prick the pastry if baking the filling in the crust.**
- ***Cover the edges of a filled crust*** **with a circle of foil if they start to brown too quickly while baking.**

HOMEMADE PASTRY

This flaky pastry is the perfect size for the Warm Peach and Nutmeg Tart and the Country Cherry and Apricot Tart. For some pastry pointers, read through the Tips to Pastry Success (at left) before getting started—

1½ cups all-purpose flour
¼ tsp. salt
½ cup shortening
4 to 5 Tbsp. cold water

- **In a medium mixing bowl combine** flour and salt. Using a pastry blender or two forks, cut in the shortening till pieces are the size of small peas. Sprinkle *1 tablespoon* of the water over part of the mixture, then gently toss with a fork. Push the moistened mixture to the side of the bowl. Repeat, using *1 tablespoon* of the water at a time, till all the dough is moistened.
- **Form the dough into a ball.** Use as directed in the Warm Peach and Nutmeg Tart or Country Cherry and Apricot Tart. Makes enough dough for 1 of these 2 recipes.

continued on page 130



BEST-OF-SUMMER RECIPES

continued from page 129

MIXED FRUIT TART WITH AMARETTO CREME

This luscious almond and fruit tart is made in a 9-inch springform pan, instead of a tart pan—



Line the pastry shell in the springform pan with a double thickness of heavy foil. This prevents the pastry from puffing while baking.

- **½ of a 15-oz. pkg. folded refrigerated unbaked piecrust (1 crust)**

Milk

- **1 Tbsp. granulated sugar**
- **1 8-oz. pkg. cream cheese, softened**
- **1 3-oz. pkg. cream cheese, softened**
- **¼ cup amaretto***
- **3 Tbsp. brown sugar**
- **½ cup toasted finely chopped almonds**
- **3 to 4 cups chilled assorted fresh fruits such as melon balls, seedless grapes, clumps of champagne grapes, halved strawberries, raspberries, *and/or* sliced peaches**
- **1 Tbsp. granulated sugar**

● **Let the piecrust sit** for 20 minutes at room temperature before using, following the package directions. On a lightly floured surface, roll pastry to an 11-inch circle and transfer to a 9-inch springform pan. Press pastry evenly onto the bottom and 1 inch up the sides of the pan. Flute edge of pastry, if desired. With the tines of a fork, generously prick sides and bottom. Line pastry shell in springform pan with a double thickness of foil (see photo, *above*).

● **Bake in a 450° oven** for 5 minutes. Remove the foil and brush the edge of the pastry with milk. Sprinkle pastry with the first 1 tablespoon granulated sugar. Bake for 7 to 9 minutes more or till pastry is golden brown. Completely cool pastry shell in the pan on a wire rack.

● **In a small mixer bowl beat** the cream cheese, amaretto, and brown sugar with an electric mixer on medium speed till smooth. Stir in the almonds. Spread the almond cream mixture evenly atop the cooled pastry. At this point, you can cover and chill for up to 4 hours.

● **Before serving, top** almond cream mixture with the desired fruits. Remove sides of pan and bottom, if desired. Sprinkle the fruit with the remaining 1 tablespoon sugar. Makes 8 servings.

***Note:** You can substitute ¼ cup *milk* and ¼ teaspoon *almond extract* for the amaretto, if desired.

***Nutrition facts per serving:** 398 cal., 26 g total fat (9 g sat. fat), 51 mg chol., 226 mg sodium, 35 g carbo., 2 g fiber, 6 g pro. Daily Value: 35% vit. A, 14% vit. C, 8% calcium, 7% iron.*

COUNTRY CHERRY AND APRICOT TART

This home-style, baked fruit tart is pictured on the magazine cover and also on page 110—

- **¾ cup sugar**
- **3 Tbsp. cornstarch**
- **¾ cup apricot nectar**
- **3 Tbsp. cherry *or* apricot brandy *or* orange juice**
- **2 Tbsp. margarine *or* butter**



To transfer the rolled pastry from the floured surface to the pie plate, loosely wrap the pastry around a rolling pin and gently unroll it onto the pie plate.



Using your fingers, fold the pastry border up and over the filling, pleating the pastry to fit.

- **3 cups sliced fresh apricots (6 to 8)**
- **2 cups pitted fresh sweet cherries (1 lb.)**
- **1 recipe Homemade Pastry (see recipe, *page 129*)**

Milk

Powdered sugar

● **For filling,** in a medium saucepan combine the sugar and cornstarch. Stir in the apricot nectar. Cook and stir over medium heat till thickened and bubbly. Cook and stir for 2 minutes more. Remove from the heat. Stir in the brandy or orange juice and margarine or butter. Stir in apricots and cherries; set aside.

● **For pastry,** on a lightly floured surface, use your hands to slightly flatten dough. Roll dough from center to the edge, forming a circle about 14 inches in diameter. Loosely wrap pastry around rolling pin. Unroll the pastry onto a 10-inch pie plate or quiche dish (see photo, *at left*). Ease pastry into the plate or dish, being careful not to stretch it. Trim pastry to 1½ inches beyond the edge of the plate.

● **Pour the filling** into the pastry-lined dish. Fold the pastry border up and over the filling, pleating the pastry to fit (see photo, *above*). Lightly brush the pastry with milk.

● **Bake in a 375° oven** for 45 to 50 minutes or till pastry is golden. Cool tart on a wire rack. Before serving, sift powdered sugar atop pastry edges. Makes 8 servings.

***Nutrition facts per serving:** 350 cal., 16 g total fat (4 g sat. fat), 0 mg chol., 102 mg sodium, 47 g carbo., 2 g fiber, 3 g pro. Daily Value: 18% vit. A, 9% vit. C, 2% calcium, 8% iron.*

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2½ cups boiling water. (Do not add cold water.)

2 packages (8-serving size) or 4 packages (4-serving size) JELL-O® Brand Watermelon Flavor Gelatin.

STIR boiling water into gelatin in large bowl. Dissolve completely. Pour mixture slowly into 13 x 9-inch pan.

REFRIGERATE at least 3 hours or until firm. Dip bottom of pan in warm water for 15 seconds to loosen gelatin.

CUT shapes with cookie cutters all the way through gelatin. Lift from pan with fingers or metal spatula.

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BY KRISTI FULLER

THE COLD, HARD FACTS ABOUT FREEZING PRODUCE



When you freeze your own fresh produce, you can enjoy it all year long.

One of summer's joys is harvesting fresh produce from your own garden. Or, if you're lucky to live near a farmer's market, you can buy just-picked produce. Freezing those summer treasures means they can be savored all year. Follow these freezing tips to be sure you end up with the best results.

THE BASICS

- Choose the freshest produce possible, with little bruising. Freeze it as soon as possible for the best quality.
- Wash produce in cold water before freezing it. If necessary, remove leaves, stems, skins, or pits. Cut produce into even-sized pieces.
- Use moisture- and vapor-proof freezer containers, such as sealable plastic freezer bags or containers with airtight lids.
- Label containers with the contents and "use-by" date. (Use within 12 months.)
- Leave a ½- to 1-inch headspace between produce and top of the bag or container.
- Remove as much air as possible from the bag (if using plastic freezer bags).
- Using a freezer thermometer, check to make sure that your freezer temperature is 0° or below.

FREEZING FRESH VEGETABLES

Some vegetables freeze better than others. Celery, salad greens, cucumbers, or radishes may lose their crispness. Many vegetables require brief cooking or blanching before freezing; others don't. Follow one of the following methods:

Blanching: Before freezing, blanch asparagus, beans, broccoli, corn, carrots, peas, and squash to stop the natural enzymes that cause spoilage. Blanching preserves the fresh color, flavor, and texture.

To blanch, place vegetables (about 1 pound) in a wire colander. Submerge colander in a large pot of boiling water. Cook vegetables 1 to 3 minutes or till color brightens. Start timing immediately. (Cooking times depend on the vegetable. Check a freezing or canning cookbook for times.) Quickly place vegetables in ice water to cool. Drain well.

Raw pack: Vegetables such as onions, sweet peppers, eggplant, mushrooms, sweet potatoes, squash, and pumpkin can be frozen raw.

To prepare the vegetables, peel, if necessary; cut or chop into pieces. Place in storage containers in desired quantities. For ease in removing a serving or two, place the raw vegetables in a single layer on a baking sheet. Freeze them, then place in storage containers.

FREEZING FRESH FRUIT

Choose firm, ripe (but not overripe) fruit. Choose from two freezing methods: dry pack or sweet pack.

Dry pack: Any fruit may be packed dry with no liquid or sweeteners. Place cut-up fruit directly in storage containers and freeze. Or, if you prefer it packed loosely, place the cut-up fruit in a single layer on a baking sheet. Freeze the fruit, then place in containers. Dry-pack fruits will be soft after thawing. They're best used in cooked recipes, such as fruit sauces.

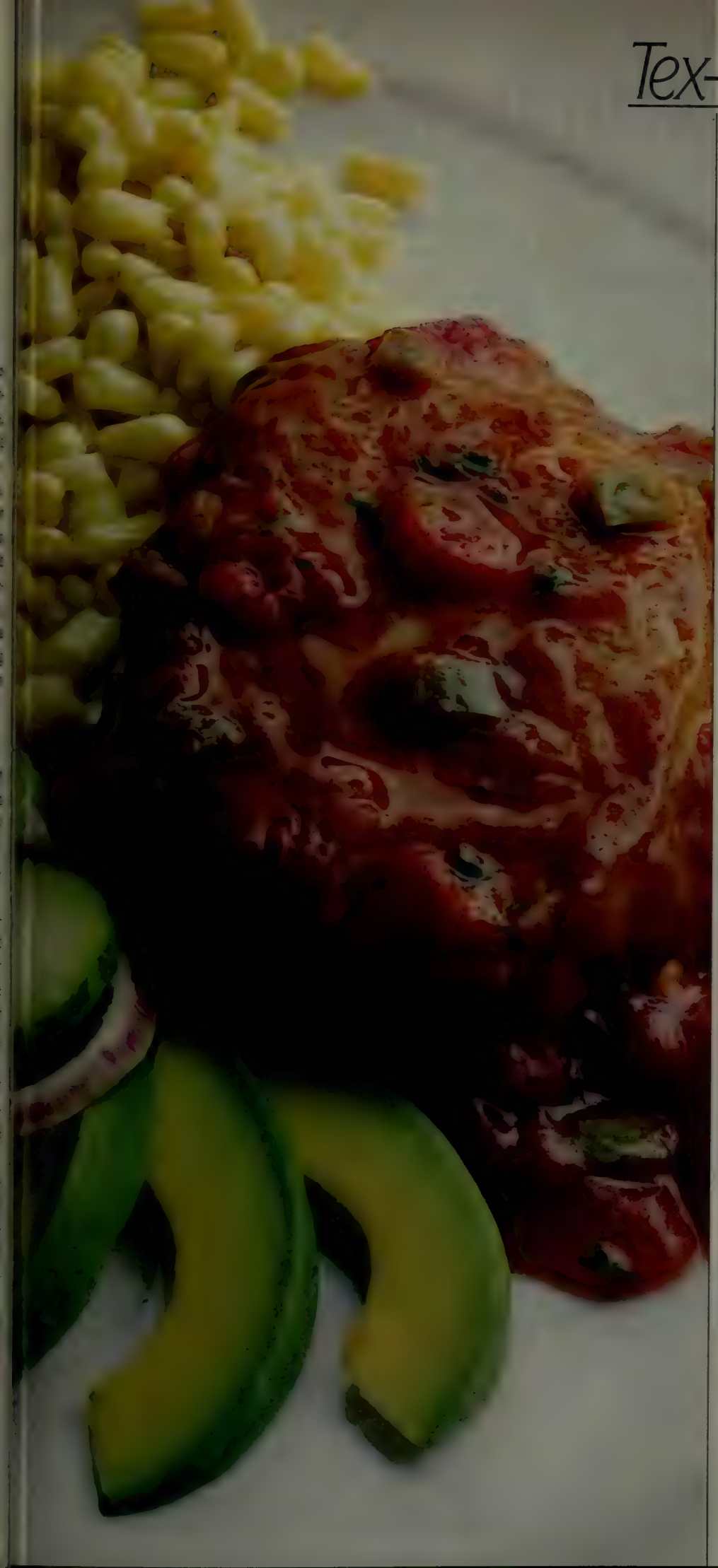
Sweet pack: Sprinkle fruit with sugar or add honey or fruit juice to taste. These additions are best for juicy fruits, such as berries, that will be used for pies or in cooked recipes.

Or, use a syrup, a mixture of sugar and water (4 cups water to 2 cups of sugar for a light syrup). Boil the syrup to dissolve sugar; chill before using. Pack fruit in storage containers, then pour in enough syrup to cover. As a general guide, use ½ cup syrup to 2 cups of cut-up fruit. Syrup-packed fruit is juicier and firmer than dry-packed fruit.

Prevent pears, apricots, peaches, apples, and cherries from darkening by using ascorbic acid or citric acid. Prepare according to package directions.

NEED ADDITIONAL HELP?

To receive a free 49-page booklet distributed by the makers of Ziploc brand freezer bags, write to: *Freeze It! Home Freezing Made Easy*, Dept. 3900-BH, P.O. Box 78980, New Augusta, IN 46278.



Tex-Mex Chops

4 boneless pork chops, about 3/4-inch thick
1 teaspoon vegetable oil
1 cup salsa, chunky style (purchased)
1 can (4 ounces) diced green chiles, undrained

In large skillet over medium-high heat, brown chops in oil on one side, about 2 minutes; turn chops, add salsa and chiles to skillet, lower heat, cover and simmer gently for 8-10 minutes. Serves four.
Approximately, per serving*: Calories: 202; Fat: 9 gm; Cholesterol: 68 mg.
Serve with buttered corn and cucumber & red onion salad

*Nutrient analysis done by The Food Processor II Diet Analysis Software. Pork data from USDA Handbook 8-10 (1991)

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THIS MONTH'S WINNERS

(see pages 137 and 138)

All winners received CORNING WARE cookware

$200 Winners: Karen E. Bosley, *Lake Oswego, Oreg.* Diane Halferty, *Seattle, Wash.*

$100 Winners: Marilu Locche, *New Hartford, Conn.* Terrye Kocher, *Mountain View, Calif.*

Honor Roll Winners: Julie DeMatteo, *Clementon, N.J.;* Mary E. Johnson, *Loretto, Minn.;* Catherine P. McAlpine, *Silver Spring, Md.;* Heidi Segar, *Orrville, Ohio;* Marlene Steinberg, *Marina Del Rey, Calif.;* Kim Zurcher, *Pittsburgh, Pa.*

HINTS FOR THIS MONTH'S CATEGORIES

Special-Occasion Cakes: When it's a memorable event, do you make a fabulous showstopper cake? Is it your one-of-a-kind frosting that draws raves? You may start with a scratch cake or a cake mix.

Best-Loved Soups and Stews: What satisfying soup does your family crave? Is it a meatless favorite, a bean-filled soup, or a slow-simmering stew? Maybe you start with timesaving products, such as canned soup or a soup mix.

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, print your name, address, and recipe marked "March Special-Occasion Cakes" or "March Best-Loved Soups and Stews." Specify brands and recipe origin. **3.** Address recipes to 9403 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. **4.** Postmark all entries by August 31, 1993. **5.** Winners will be selected about 60 days later, then notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes. BH&G



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FOOD

10 DELICIOUS SNACKS MADE WITH BANANAS

Bite into one of these quick and easy banana ideas:

1. Spread a hot dog bun with peanut butter and sprinkle with mini chocolate chip pieces, raisins, or chopped peanuts. Tuck a peeled banana inside the bun for a sandwich.

2. Mash a small banana and stir into ½ cup soft-style cream cheese with strawberry; add a few chopped pecans too. Spread on toast.

3. Slice a couple bananas and heat in 2 tablespoons *each* of margarine and brown sugar; add a teaspoon of finely chopped crystallized ginger. Spoon over pound cake or ice cream.

4. Jazz up a 15-ounce jar of chunky applesauce by stirring in one mashed ripe banana and a few dashes of apple pie spice or cinnamon.

5. Top hot cooked oatmeal with strawberry yogurt, sliced banana, and chopped walnuts for a tasty breakfast.

6. Spread soft-style cream cheese (try the pineapple flavor) on a graham cracker; top with sliced banana and another graham cracker.

7. Melt together ¼ cup butterscotch pieces and 1 tablespoon peanut butter. Dip chunks of banana into mixture; roll in almond brickle pieces. Chill for a few hours before serving.

8. Blend together ¾ cup milk, 2 cups of chocolate ice cream, and a cut-up banana for a frosty shake.

9. Stick toothpicks into peeled banana chunks and dip into melted semisweet chocolate. Roll in chopped nuts or toasted coconut and freeze till firm. Transfer to freezer bags; freeze for quick snacks.

10. Brush a banana with orange juice and make a lengthwise slit. Fill fruit with miniature semisweet chocolate pieces and micro-cook on high for 2 minutes or till chocolate softens. Top with sweetened whipped cream, cinnamon, and chopped pecans.

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August, 1993



$200 WINNER *Diane Halferty, Seattle, Wash.*

CHILI PEPPER CHEESEBURGERS

Hickory chips impart a wonderful smoky taste to these spicy burgers. The refreshing lime mayonnaise offsets the "heat"—

- **2 cups hickory chips**
- **⅓ cup finely chopped green onion**
- **3 Tbsp. nonfat plain yogurt**
- **1 to 4 Tbsp. finely chopped jalapeño peppers**
- **½ tsp. black pepper**
- **2 lb. lean ground beef *or* turkey**
- **6 oz. Monterey Jack cheese with jalapeño peppers, cut into 6 slices**
- **8 Kaiser rolls, split and toasted**
- **Leaf lettuce**
- **Sliced tomato**
- **1 recipe Lime Mayonnaise**

At least 1 hour before needed, soak hickory chips in enough water to cover. In a medium bowl combine green onion, yogurt, jalapeño peppers, black pepper, and ½ teaspoon *salt.* Add beef or turkey; mix well. Shape mixture into 8 patties about ¾ inch thick. In a covered grill arrange preheated coals around a drip pan. Test for *medium* heat above pan. Drain chips and place on top of coals. Place burgers on grill rack above drip pan. Lower grill hood. Grill 20 to 24 minutes or till no pink remains, turning once. Top each patty with cheese the last 2 minutes of grilling time. Serve patties on buns with lettuce, tomato, and Lime Mayonnaise. Makes 8 main-dish servings.

Lime Mayonnaise: In a small bowl combine ⅓ cup *reduced-fat mayonnaise* or *salad dressing,* ½ teaspoon finely shredded *lime peel,* 1 teaspoon *lime juice,* and 1 teaspoon *Dijon-style mustard.* Cover and chill till serving time. Makes about ⅓ cup.

Nutrition facts per serving: *389 cal., 22 g total fat (9 g sat. fat), 94 mg chol., 511 mg*

Clip along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

ZUCCHINI IDEAS

File under Vegetables
August, 1993



$200 WINNER *Karen E. Bosley, Lake Oswego, Oreg.*

ZUCCHINI AND FETA CHEESE SOUFFLES

Serve these mini soufflés with a fresh fruit salad for brunch or as a side dish to fish—

- **2 cups shredded zucchini**
- **3 Tbsp. margarine *or* butter**
- **¼ cup all-purpose flour**
- **¼ tsp. dry mustard**
- **1 cup milk**
- **½ cup crumbled feta cheese**
- **1 Tbsp. grated Parmesan cheese**
- **4 eggs, separated**

Place shredded zucchini in a colander; sprinkle with 1 teaspoon *salt* and toss lightly. Let stand 30 minutes. Rinse and drain. Squeeze out excess liquid; set aside.

In a saucepan melt margarine or butter. Stir in flour and mustard. Add milk. Cook and stir till bubbly. Remove from heat. Stir in zucchini and cheeses. In a large bowl beat yolks with a fork. Gradually stir in zucchini mixture. In a mixing bowl beat whites with an electric mixer till stiff peaks form. Fold *half* of whites into zucchini mixture. Gently fold remaining whites into zucchini mixture. Spoon into six 6-ounce greased soufflé dishes or custard cups. Bake in a 375° oven 20 to 25 minutes or till a knife inserted near center comes out clean. Serve immediately. Makes 6 side-dish servings.

Nutrition facts per serving: *174 cal., 12 g total fat (4 g sat. fat), 154 mg chol., 276 mg sodium, 8 g carbo., 1 g fiber, 8 g pro. Daily Value: 18% vit. A, 4% vit. C, 11% calcium.*

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PRIZE TESTED RECIPES®

ZUCCHINI IDEAS

File under Vegetables
August, 1993



$100 WINNER *Terrye Kocher, Mountain View, Calif.*

STUFFED ZUCCHINI

While dining in Italy, Terrye enjoyed a side dish of stuffed zucchini containing cheese, basil, and eggs. After returning home, she created this winning combination—

- **2 medium zucchini (about 12 oz.)**
- **⅓ cup finely chopped onion**
- **1 Tbsp. olive oil *or* cooking oil**
- **2 tsp. all-purpose flour**
- **½ tsp. dried basil, crushed**
- **⅛ tsp. pepper**
- **½ cup milk**
- **¼ cup frozen egg product, thawed *or* 1 beaten egg**
- **⅓ cup grated Parmesan cheese**

Cut zucchini in half lengthwise. Place, cut side down, in a microwave-safe 2-quart square baking dish. Micro-cook, covered, on 100% power (high) for 2 to 3 minutes or till nearly tender. (*Or,* cook in boiling water for 3 to 4 minutes.) Scoop out pulp, leaving a ¼-inch-thick shell. Set shells aside. Finely chop the zucchini pulp; set aside.

In a medium saucepan cook onion in hot oil till tender but not brown. Add chopped zucchini; cook 1 minute more. Stir in flour, basil, and pepper. Add milk all at once. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Gradually add zucchini mixture to the egg product or egg. Stir in Parmesan. Spoon mixture into zucchini shells; place in a 2-quart square baking dish. Bake, uncovered, in a 350° oven for 25 to 30 minutes or till filling is lightly browned. Makes 4 side-dish servings.

Nutrition facts per serving: *131 cal., 8 g total fat (3 g sat. fat), 9 mg chol., 200 mg sodium, 8 g carbo., 0 g fiber, 7 g pro. Daily Value: 8% vit. A, 8% vit. C, 15% calcium, 5% iron.*

Buying information, page 88.

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

GRILLED BURGERS

File under Meat or Poultry
August, 1993



$100 WINNER *Mrs. Marilu Locche, New Hartford, Conn.*

CHICKEN BURGERS WITH FRESH FRUIT SALSA

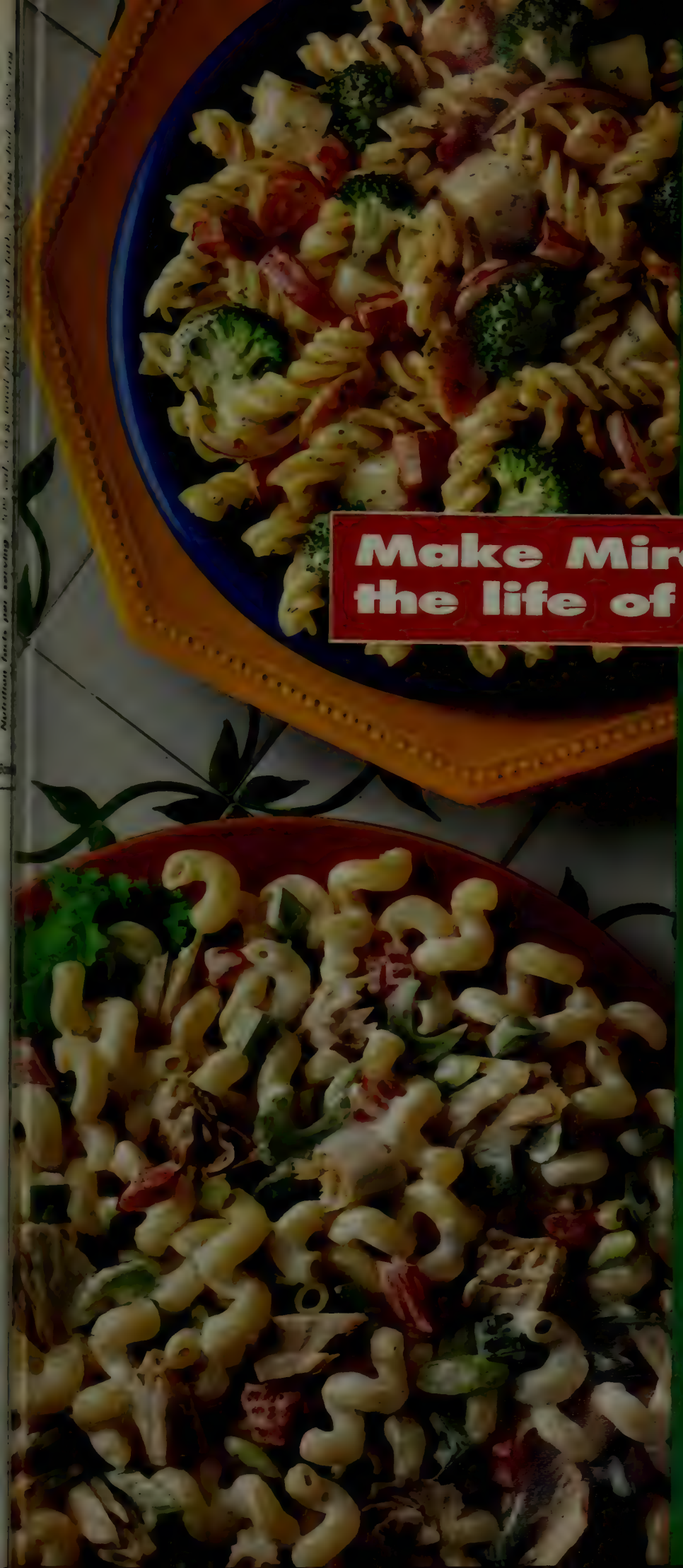
Top these knife-and-fork burgers with a peach-and-pear condiment. Pair them with grilled vegetables for a fresh summertime meal—

- **⅓ cup purchased sweet-and-sour sauce**
- **1 clove garlic, minced**
- **2 tsp. snipped fresh cilantro *or* parsley**
- **1 tsp. lemon juice**
- **⅛ to ¼ tsp. crushed red pepper**
- **2 medium peaches, peeled, pitted, and chopped (about 1½ cups)**
- **1 pear, cored and chopped (about 1 cup)**
- **1 Tbsp. finely chopped onion**
- **1 lb. ground raw chicken**
- **½ cup finely chopped onion**
- **2 tsp. dried basil, crushed**
- **½ tsp. seasoned salt**
- **¼ tsp. black pepper**
- **¼ tsp. bottled hot pepper sauce**

For salsa, in a medium bowl combine sweet-and-sour sauce, garlic, cilantro or parsley, lemon juice, and crushed red pepper. Stir in peaches, pear, and the 1 tablespoon chopped onion. Cover and chill till serving time.

In another medium bowl combine the chicken, remaining ½ cup onion, basil, seasoned salt, black pepper, and hot pepper sauce; mix well. Shape into *four* ¾-inch-thick patties. Grill meat on the grill rack of an uncovered grill directly over *medium-hot* coals for 14 to 18 minutes or till no pink remains, turning once. (*Or,* grill, covered, indirectly over *medium* heat for 20 to 25 minutes.) Serve burgers with salsa. Makes 4 main-dish servings.

Nutrition facts per serving: *209 cal., 6 g total fat (2 g sat. fat), 54 mg chol., 282 mg*



PASTA PRIMAVERA

1 bottle (8 ounces) KRAFT House Italian Dressing
¾ c. MIRACLE WHIP or MIRACLE WHIP LIGHT Dressing
1 tsp. Italian seasoning
2 c. (5 ½ ounces) rotini, cooked, drained
2 c. broccoli flowerets
4 ounces Provolone cheese, cubed
½ c. chopped red pepper
½ c. sliced carrots
½ c. red onion rings

Mix dressings and seasoning in large bowl. Add remaining ingredients, mix lightly. Refrigerate. Makes 12 servings.

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TUNA MACARONI SALAD

½ c. MIRACLE WHIP or MIRACLE WHIP LIGHT Dressing
2 c. (7 ounces) elbow macaroni, cooked, drained
1 can (6½ ounces) tuna, drained, flaked
1 c. sliced celery
¼ c. chopped green pepper
¼ c. sliced green onions
2 tbs. chopped pimiento
Salt and black pepper
Lettuce

Mix dressing, macaroni, tuna, celery, green pepper, onions and pimiento. Season to taste with salt and black pepper. Refrigerate. Serve on lettuce-lined plates. Makes 4 to 6 servings.

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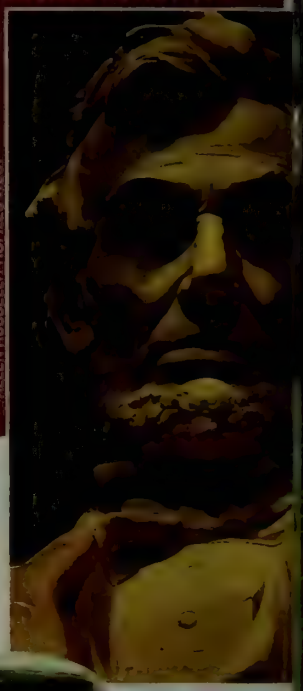
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continued on page 142

Lincoln Memorial



ALLEN RUSSELL/PROFILES WEST

BRIAN PARKER/TOM STACK & ASSOC.

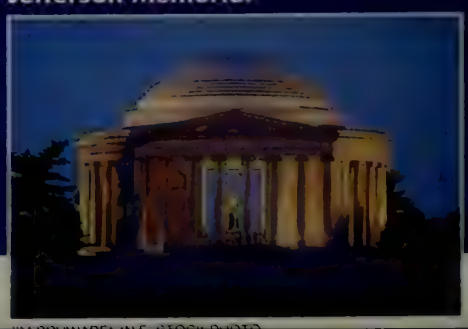


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by GEORGE S. BUSH

Jefferson Memorial





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WASHINGTON, D.C.

continued from page 140

Washington's vitality comes from the merging of today and yesterday into a timeless sense of purpose. History is the wellspring of our nation's lovely capital, and, even as you explore the city, you realize that history is being made.

THE MALL

Start your touring at the Mall, a vast greensward in the heart of D.C. that stretches for more than a mile from Capitol Hill to the Lincoln Memorial. One of many imposing edifices bordering the Mall, the **National Archives** makes a good first stop. It enshrines such historical treasures as the Declaration of Independence, the Constitution, and one of the original copies of the Bill of Rights. Although these awesome documents are heavily guarded, you can view them up close. Seeing the writings that serve as the foundation of our government at the beginning of your Washington, D.C., experience gives added meaning to the rest of your trip.

The men and women who try to govern by these scriptures work in the office buildings flanking the Capitol on the eastern end of the Mall. If you come when Congress is in session, you may watch your legislators in action. **Capitol tours,** which assemble under the Capitol's gargantuan, neck-craning dome, let you peek into the House and Senate chambers. For special passes, call or write your congressional representative or senator at least a month in advance. They can also give you tour tickets for the White House and the Bureau of Engraving and Printing (the mint).

Like Congress, the president works near the Mall. You can't see his offices and private quarters, but **White House tours** take you through five splendid rooms (10 a.m.–noon, Tuesday–Saturday). From Memorial Day to Labor Day, obtain tickets at a kiosk between the White House and the Mall; get in line before 8 a.m. In other seasons, go to the east gate of the White House.

Across from the White House, the 555-foot obelisk of the **Washington Monument** dominates the skyline. Take the kids to the observation point for a far-ranging view of the capital city. The clock tower in the nearby **Old Post Office Pavilion** offers another panoramic view.

The grand museums of the **Smithsonian Institution,** including the Air and Space Museum, line the eastern part of the Mall between the Washington Monument and Capitol Hill.

Closing the Mall on the west end, the **Lincoln Memorial** rises above the famed cherry trees and Reflecting Pool of the Constitution Gardens. The huge statue of the great president forever gazes toward the Capitol. Nearby is the unforgettable **Vietnam Veterans Memorial,** with the names of 58,156 dead and missing inscribed upon its stark black flanks. Reference books help you find specific names.

Kids especially enjoy the elephants and dinosaurs at the Natural History Museum.





The National Archives holds the Constitution and the Declaration of Independence.

SMITHSONIAN WONDERS

Plan to divide the better part of a day between the Air and Space and Natural History Museums, two of the Smithsonian's 15 repositories.

A treasure trove of American tri umphs, the **Air and Space Museum** overwhelms you with its immense col lection of flying machines. They rang from the Wright Brothers' *Kitt Hawk Flyer* and Lindbergh's origina *Spirit of St. Louis* to the Apollo 1 command module, plus missiles, rock ets, satellites, scale models, and arti facts. Many exhibits are hands-on Dozens of pocket-size screens show movies of old-time air races, stunts and aviation and space experiments not all with happy endings. An IMAX theater ($3; kids, $2.25 lets you look down on earth from space and roar through sound barrier loops so real you almos feel the g's.

If all this won't satisfy the hard core blue-yonder buffs in you family, tour the **Paul E. Garber Facility** in Suitland, Maryland (20 minutes from D.C.). That's where the Air and Space Museum pre serves planes and other objects i doesn't have room to display. On this 2½-hour tour, you also see restorations in progress. Phone *202/357-1400* a couple of week ahead for reservations.

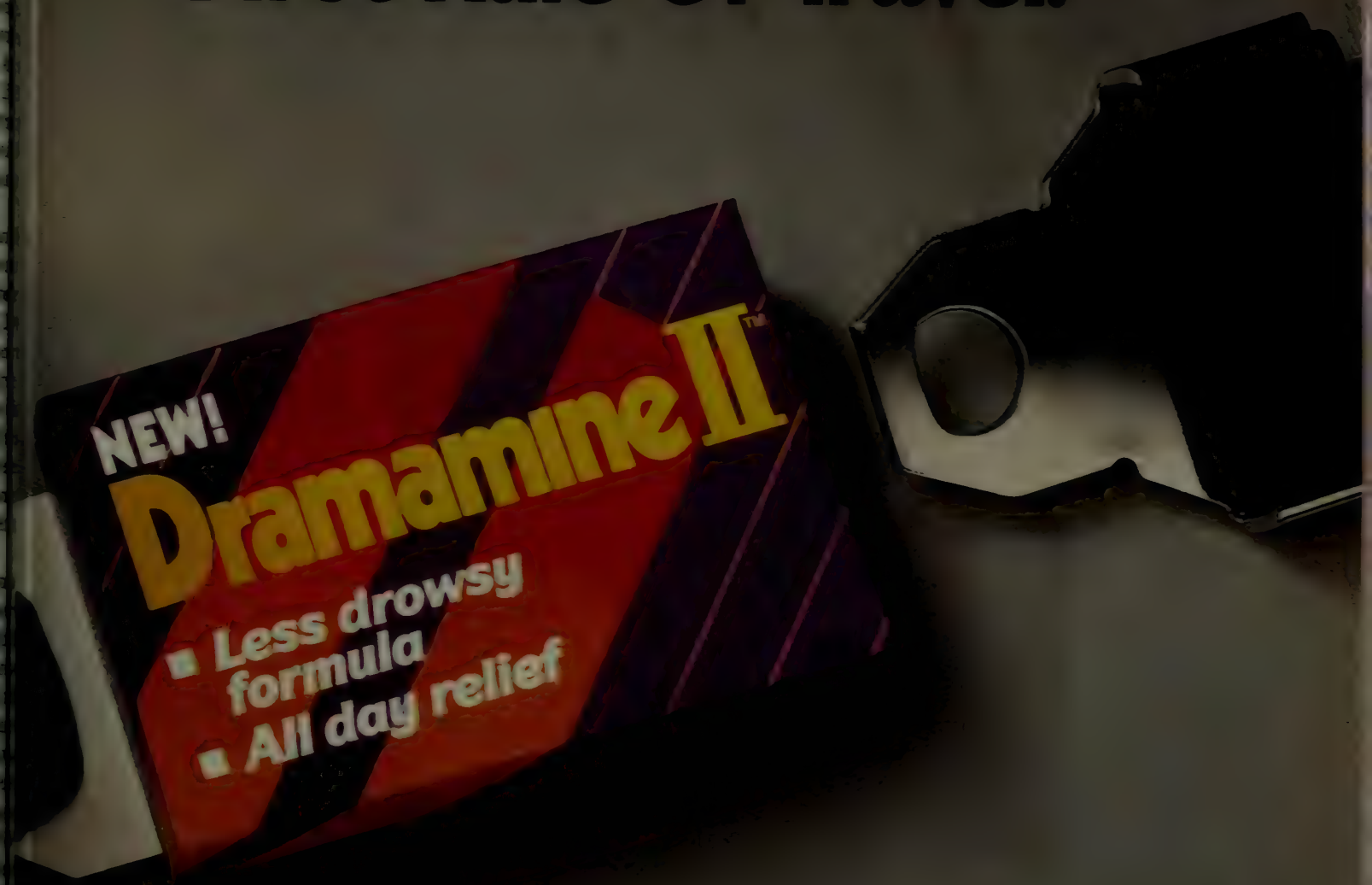
Back on the Mall in the **Natural History Museum,** you'll hav a hard time pulling your kid away from dinosaur and mam moth displays and all manner o exotic wildlife in diorama settings The live-insect zoo's black-widow spiders, ant colonies, beehives and tarantulas mesmerize young sters. Parents enjoy the well guarded gallery with some of the world's most famous gems, such as the Star of India.

Next door, the **American History Museum** brims with fascinating relics of our country's past, from old farm implements and antique auto mobiles to atom smashers. The newly renovated First Ladies Hall tells the role presidential wives have played You can also see their inaugura gowns starting with a hand-painted silk that Martha Washington wore.

The **Arts and Industries Building** appeals to those of mechanical bent Its main focus revolves around the revolutionary technologies of 1876 when the United States Centennia Exhibition was held in Philadelphia

continued on page 144

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WASHINGTON, D.C.

continued from page 142

Items include steam-powered pumps, printing presses, machine tools, dynamos, pistols, and telescopes.

The **National Gallery of Art** has prepared child-oriented guidebooks to help you share the museum's masterpieces with your youngsters.

OFF THE MALL

Ranking among the most popular D.C. attractions, the **FBI Building** climaxes its tour with a bang. After looking at crime-detection displays, seeing Dillinger's arsenal, and peeking into laboratories that examine evidence, you and the kids can view a rapid-fire marksmanship demonstration.

You may watch but not touch at the **Bureau of Printing and Engraving,** where the government makes money at a speed astonishing to anyone who has to work for it. Some 30 million dollars' worth rolls off the presses most days.

George Washington's plantation, **Mount Vernon,** overlooks the Potomac from the Virginia side about 20 miles south of D.C. Although the house and gardens are beautiful, your whole family will marvel at how simple a life—by our standards—the first president lived ($5; kids, $2). From mid-March through September, the excursion boat *Spirit of Washington* cruises daily to Mt. Vernon from Pier 4 near D.C.'s Waterfront Metro stop. The five-hour trip includes admission to Mt. Vernon, where you spend two hours ($19.25; under age 12, $11.25).

In **Arlington National Cemetery,** across the Potomac from the Lincoln Memorial, don't miss the solemn hourly changing of the honor guard at the Tomb of the Unknown Soldier. An eternal flame marks President John F. Kennedy's grave.

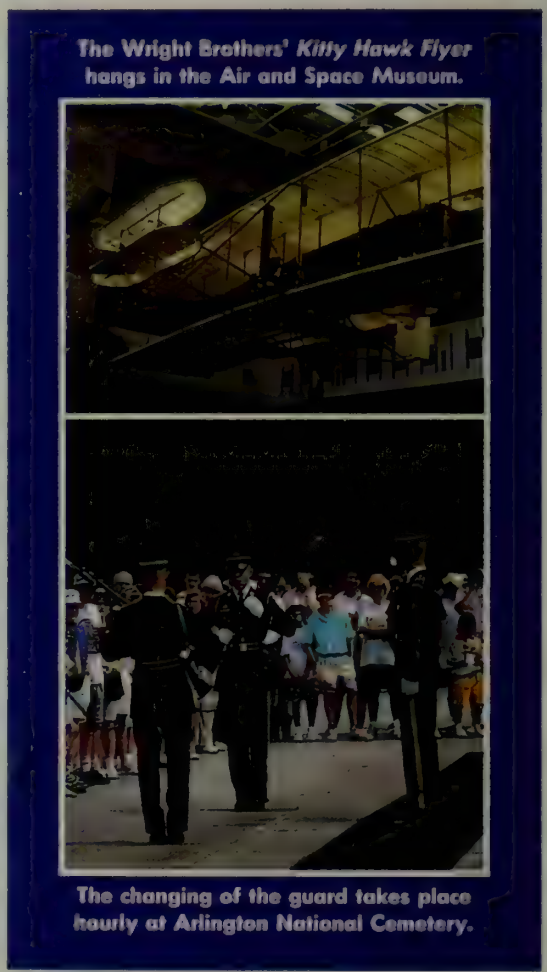
The new **Navy Memorial,** which faces the National Archives, presents a rip-roaring, big-screen movie on carrier operations ($3; under 12, $2).

An 11-foot globe welcomes you to the National Geographic Society's **Explorers Hall,** on 17th and M streets, with exhibits on expeditions.

The nation's only panda enthralls youngsters at the **National Zoo** in Rock Creek Park. The zoo, which houses more than 4,500 animals, has a variety of hands-on learning centers.

PRACTICALITIES

When to come. Each season has its pros and cons. Summer brings heat and crowds. But from mid-July through Labor Day, you pay much less for lodgings because business people don't fill the hotels. Family rates average $60–$90 a night.



The Wright Brothers' *Kitty Hawk Flyer* hangs in the Air and Space Museum.

The changing of the guard takes place hourly at Arlington National Cemetery.

You can also find reduced prices from mid-November, when Congress recesses, into February. The weather can be chilly, but there are few sightseers, except around holidays. Avoid Thanksgiving Friday.

Spring (especially crowded at cherry-blossom time, around the beginning of April) and fall (relatively few sightseers) offer the best weather. But business travelers fill hotels, so discounts are offered only on weekends.

Where to stay. To avoid parking pains and traffic jams, pick a hotel near the superb Metro subway system—clean, speedy, and with frequent service. The Metro also enabl you to stay outside the heart of D.C which, like other metropolises, has i share of big-city problems. You mig enjoy the Virginia side of the Potom in charming old-town Alexandria near the famous shopping malls of T sons Corner, some of whose hotels o fer service to Metro stops.

Get a lodging guide from the Was ington Visitors Association; then ca *Capitol Reservations* at *800/VISITD*

Getting around. All-day Met passes, good after 9:30 a.m., cost $ per person regardless of age. Bu enough passes at Metro Cente where several lines converge, f your entire visit.

Circling Tourmobile buses sto at major points on the Mall, i cluding the Capitol and the mon ments, and Union Station. Som also cross the Potomac to Arlin ton National Cemetery. You ca get on and off as often as you lik ($8.50 per day; kids, $4). Bus run 9 a.m.–6:30 p.m., Jun 15–Labor Day; other month 9:30 a.m.–4:30 p.m.

Within D.C. but outside Met or Tourmobile range, consid taking a taxi. Fares depend c zones, which are posted in th cabs, and rarely run more than $

Feeding the troops. Few citi have so many establishments th serve excellent, reasonably price food for eating on the go. You find a cafeteria at the Air an Space Museum and the Nation Gallery of Art, an ice-cream pa lor at the American History M seum, and a slew of fast-foo outlets in the Old Post Office P vilion near the White House.

A short Metro hop from the Mai Union Station's more than two doze counters provide choices ranging fro burgers to exotic entrées (till 9 p.m.)

Nor is there a shortage of class restaurants with specialty cuisine Most places are on the expensive sid

For additional information, conta the *Washington, D.C., Convention an Visitors Assoc., Dept. BHG, 1212 Ne York Ave., NW, Washington, D 20005; 202/789-7000.*

Information on nearby Virgini *Fairfax County Visitors Center, Dep BHG, 7764 Armistead Rd., Suite 16 Lorton, VA 22079; 800/7-FAIRFAX.*

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BY MARK INGEBRETSEN

FINE FEATHERED FRIENDS
Is a pet bird right for you?



The popularity of birds is soaring. Why? According to Chris Davis, who trains parrots and other exotic avian species, birds fit easily into townhomes and apartments that might crowd dogs or cats. They don't need walking on cold, dark nights, and they're easy to care for. In fact, she says, birds make especially good pets for children, the elderly, and folks with handicaps; ditto those allergic to dogs and cats.

Some birds—parrots, macaws, parakeets, cockatiels, and others—learn to mimic human voices and perform tricks. Those abilities, coupled with birds' generally chirpy personalities, can make them as enjoyable as dogs or cats.

But Davis and other bird experts urge you to think twice before deciding a bird is the right pet for you. Their reasons:

1. Birds are wild. Dogs and cats have lived in our homes for a long time. Birds often come to us directly from the wild, usually from tropical regions. Even a domestically bred bird's wild instincts still play a dominant role in its behavior. That means you can't discipline or control a bird the way you would a dog or a cat. "If you try to dominate a bird, it's just going to keep fighting," Davis explains.

Owners must show respect at the same time they let a bird know who is boss, she says. Her simple method: *Never* allow a bird to perch higher than your head. That's because wild birds constantly fight for the highest perch in the flock. Let a bird sit higher than your head, and it will begin to rule the roost, squawking, possibly biting, and resisting any efforts to control it. Instead, when you hold the bird outside the cage, keep it at chest level, close enough to your body so it can hear your heart beat. This simulates the sensation of a baby bird snuggling against its mother's breast.

2. Birds require a long-term commitment. Parrots normally reach their 70th or 80th birthday, but some can qualify for greetings from Willard Scott. Cockatiels live up to 30 years while conures survive until they're 30 or 40. That's longer than the typical life span of a dog or cat. Even parakeets can grace your home for 15 years or more.

3. Birds are intelligent creatures that need lots of attention. In the wild, birds live together in their busy, social, and usually noisy flock. But, in cages, many pet birds spend their days alone and unattended.

"People think, 'I'll get a bird, and I can lock him in a cage and he won't need much care,'" says Irene Pepperberg, Ph.D., a University of Arizona associate professor and bird trainer. "They are not simply critters that decorate your room. They need stimulation." Pepperberg trained an African gray parrot, Alex, to identify colors, shapes, quantities, categories, and sizes. Alex requests, in plain English, the toys he wants.

You can train a bird like Alex to talk and pick out shapes and colors.

Pepperberg insists that anyone who spends time with a pet bird will be rewarded with a devoted and amusing companion.

Teach a bird to talk, she says, by treating it as you would a child. Most birds learn faster when two people teach them to talk. She recommends that you stand close to your bird's cage and hold a simple, repetitive (baby talk) conversation with a friend. Jealous because you're talking to someone else, your bird will pay keen attention and attempt to interrupt. Most likely, it will reproduce your friend's part of the conversation.

You must spend time with a bird daily. Buy several toys for your bird and rotate them frequently, so it always has something new. Leave the TV on when you go out. If you're away frequently, think about getting another bird to keep your pet company. Says Pepperberg: "You have to give birds commitment if they are to stay happy and healthy."

Buy American. Before you buy a bird, ask where it came from. Many birds sold in pet shops come from tropical jungles. So many birds have been exported that some species risk extinction. Also, captured birds may be traumatized and harder to train. Domestic birds raised by U.S. breeders are less likely to carry dangerous diseases. They're easy to train because they've grown up around people. The best (and most expensive) birds have been hand-fed by humans.

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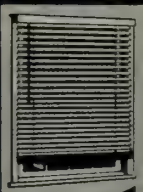
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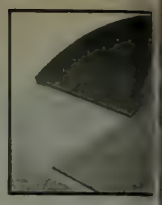
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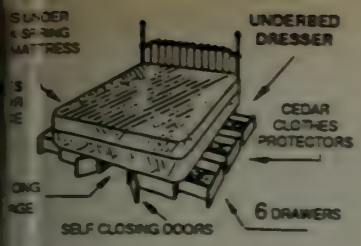
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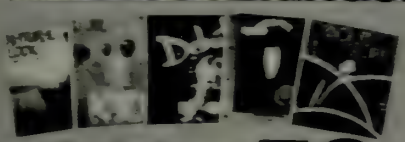
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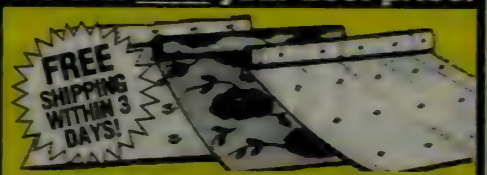
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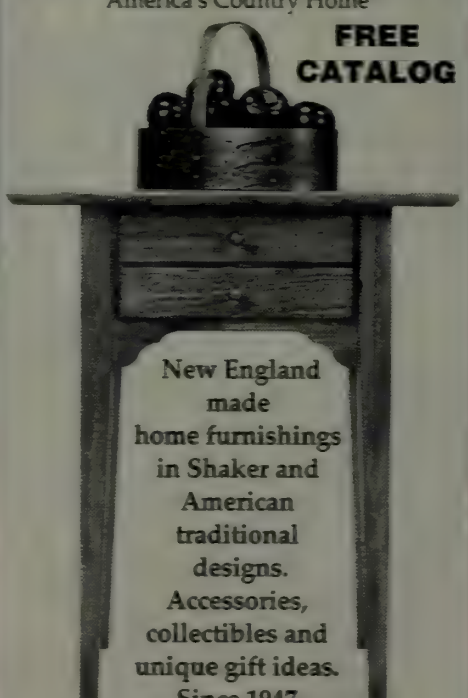
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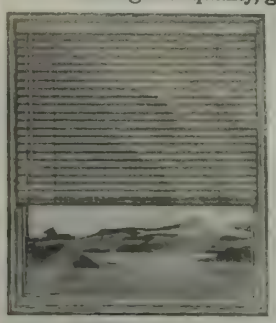
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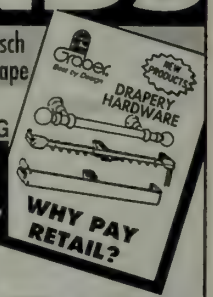
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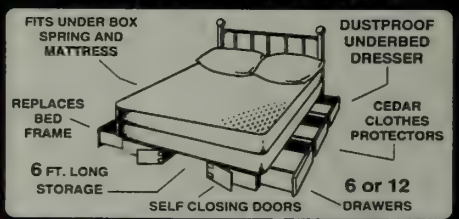
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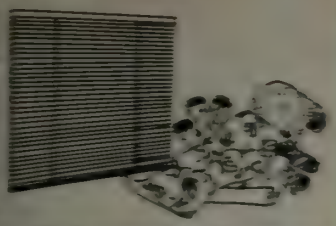
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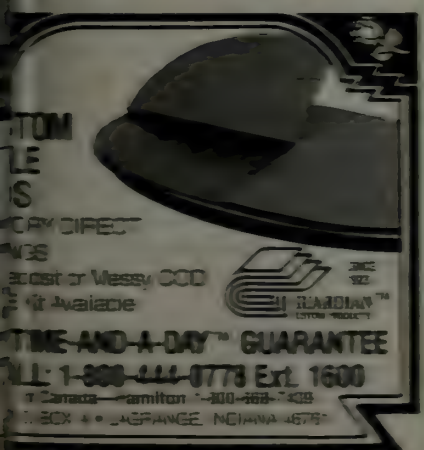
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THE MAN NEXT DOOR®

AUGUST 1993

■ After writing our umpteenth check for Rosemary's upcoming semester at college, Chris and I are starting to understand why they call it a "liberal" education.

■ "Nothing sells a house in summer like a bountiful, well-kept vegetable garden," says Christine, whose real estate career continues to flourish, "especially if it's in the next door neighbor's yard."

■ Reverend George Hall suggested last Sunday that he might increase summer attendance at services if he titled his sermon something like, "Sin: The Sand Trap on the Fairway of Life."

■ "Luck," says my office mate, Bill Minchin, "is seeing a parking place near the office door on a rainy morning. Fate is what puts one car in front of you."

■ Aunt Opal reports that she doesn't always have time to clean the house before company arrives, but she's learned over the years that a few conspicuously placed get-well cards are a handy substitute.

■ Hardware store owner Dale Goebel confides that one of his discoveries while growing older is that it's becoming much easier to resist temptation than it is to recognize it.





"Boy, are we filthy. Our moms are really going to have a field day when we get home!"

GEORGE ABBOTT

■ After attending a seminar on sleep disorders, Dr. Bob Hannelly reports this interesting fact: the spouse who snores is always the first to fall asleep.

■ "Fine day for a little ball," I hinted to Burt Jr., who promptly ran off to gather his friends and stuff a baseball cartridge into the video game player.

■ Dick Dresch reports that there aren't many things in life that really upset his wife, although he occasionally manages to be one of them.

■ Liz Randall gladly accepted the job of running the coffee maker at her youngest daughter's soccer club concession stand. "I just couldn't resist the perks," she says with a wink.

■ Lee Bayless finds that there are few tougher tests of parental love than when a child asks for a $5 advance on the allowance, and the only bill in the wallet is a ten.

■ Grandma Hillis proposes that if already huge grocery supermarkets are going to get any bigger, they will need to replace their shopping carts with golf carts.

The farmstead auction was a bust, but Chris, the kids, and I were enjoying the long drive back.

"Let's try that road ahead," Chris said. "It seems to go in the right direction," she added as she turned onto the shady lane. "May be we'll run across a little country store with one of those old refrige ated chests on the front porch. We'll fish out a cold soda."

"We'll probably end up on some dead-end dirt road," I predicted.

Judy piped up next. "I'll bet thi goes by some great little fishing hole that only a couple of local kid know about. And there'll be brook trout jumping up onto the shore."

"Wouldn't it be great," Burt Jr. chimed in, "if it ran past an old ba field and there was an old-timers game going on and we saw Joltin' Joe slug one out?"

Soon, our country lane rejoined the main highway. I couldn't help but think of the amazing things yo might discover when you take one of life's little detours.

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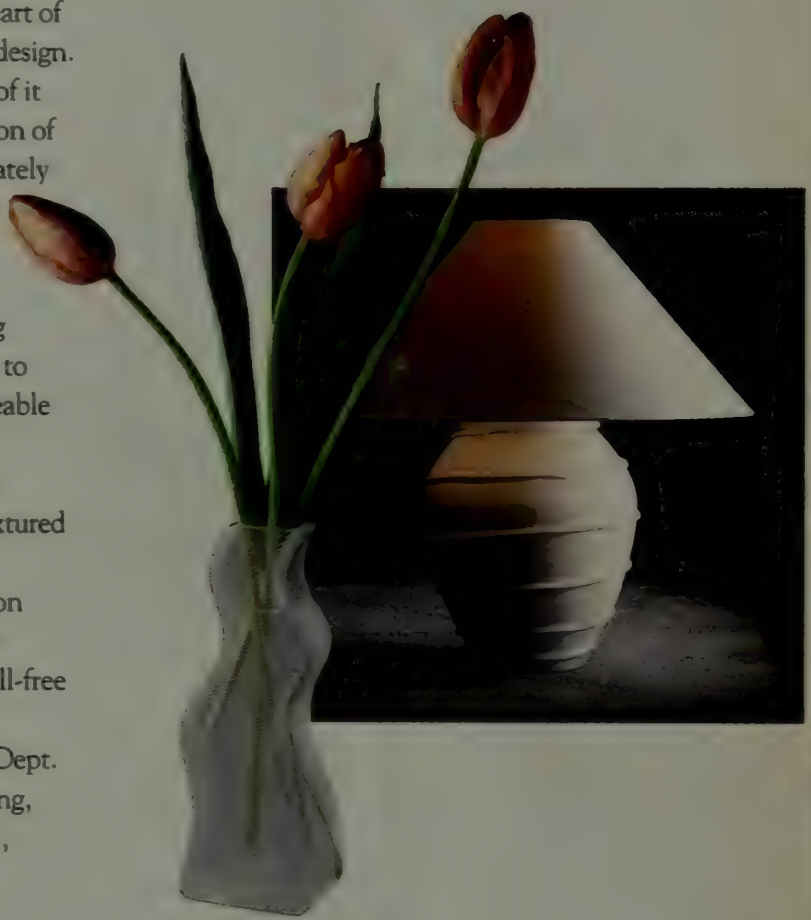
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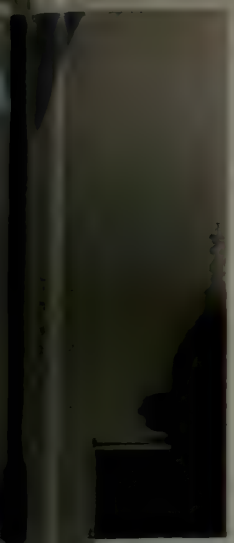
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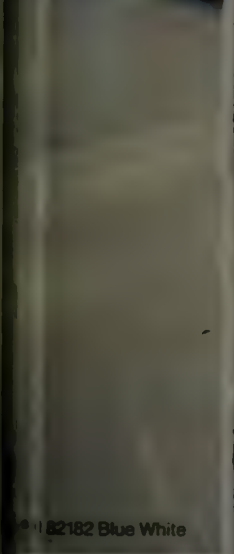
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Better Homes and Gardens

SEPTEMBER 1993; Vol. 71 No. 9

ON THE COVER

23 Landscaping for Front-Yard Fragrance and Color

61 American Country Crafts
15 easy-to-make projects

89 Carefree Decorating *For casual living*

117 Eating Right
12 healthful, get-slim recipes

141 Back to School Update
Tips for kids and parents

BETWEEN FRIENDS

9 Editor's Letter

12 Family Network® *Solutions to family problems*

190 The Man Next Door®
Writes about family, friends, and neighbors

THE FAMILY AT HOME

GARDENING

20 Gardener's Almanac *Fall planting ideas*

23 Front-Yard Oasis *Once exposed to a busy street, this Seattle garden is now a private getaway*

BUILDING

30 Make These Halloween Decorations for your Yard

101 Kitchens That Capture the Sun
3 Kitchens packed with daylighting ideas

CRAFTS

61 All-American Crafts
15 Star-spangled projects to craft

DECORATING

89 Where the Living is Easy
Simple decorating that leaves time for life



CONTINUED ON PAGE 6

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CONTENTS CONTINUED FROM PAGE 5

FAMILY MATTERS

CARS

14 **Car Rankings**
Who says who's number one?

HEALTH

34 **Is Your Office a Big Pain?**
Setting up your work space for comfort and health

40 **Health Update**
Medical news you can use

48 **Hotlines to Good Health** *Toll-free help and advice*

58 **Good Food/Good Health**
Best-bet breakfasts

EDUCATION: SPECIAL SECTION

141 **Back to School Update** *The latest products and information on educational topics for all ages*

ENVIRONMENT

98 **Reduce Your Trash by One-Fourth** *Build a compost pile*

TRAVEL

179 **Zoos Without Cages**
See the animals in their natural surroundings

PETS

176 **Pet Update** *Helpful information for pet owners*

GOOD FOOD

115 **Win Money for Your Recipes**

117 **Eating Right** *Here's how you can do it*
Help your family eat well, feel good, and look great

127 **Nutrition Information**

127 **Recipe Index**

137 **Prize Tested Recipes®**
Tropical fruit desserts, Best-loved casseroles

SHOPPING

85 **Buying Guide** *Names and addresses of retailers and manufacturers of products shown on our editorial pages*

112 **Directory of Architects and Designers**

172 **Home and Family Information Guide**

184 **Shopping Editor's Choice**

COVER PHOTOGRAPHER: PERRY STRUSE

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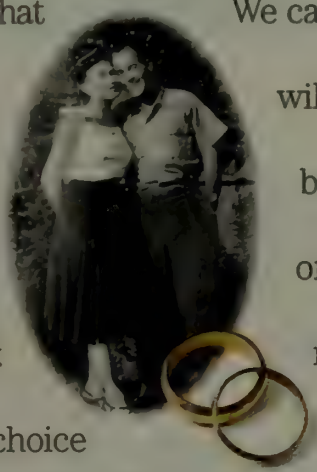
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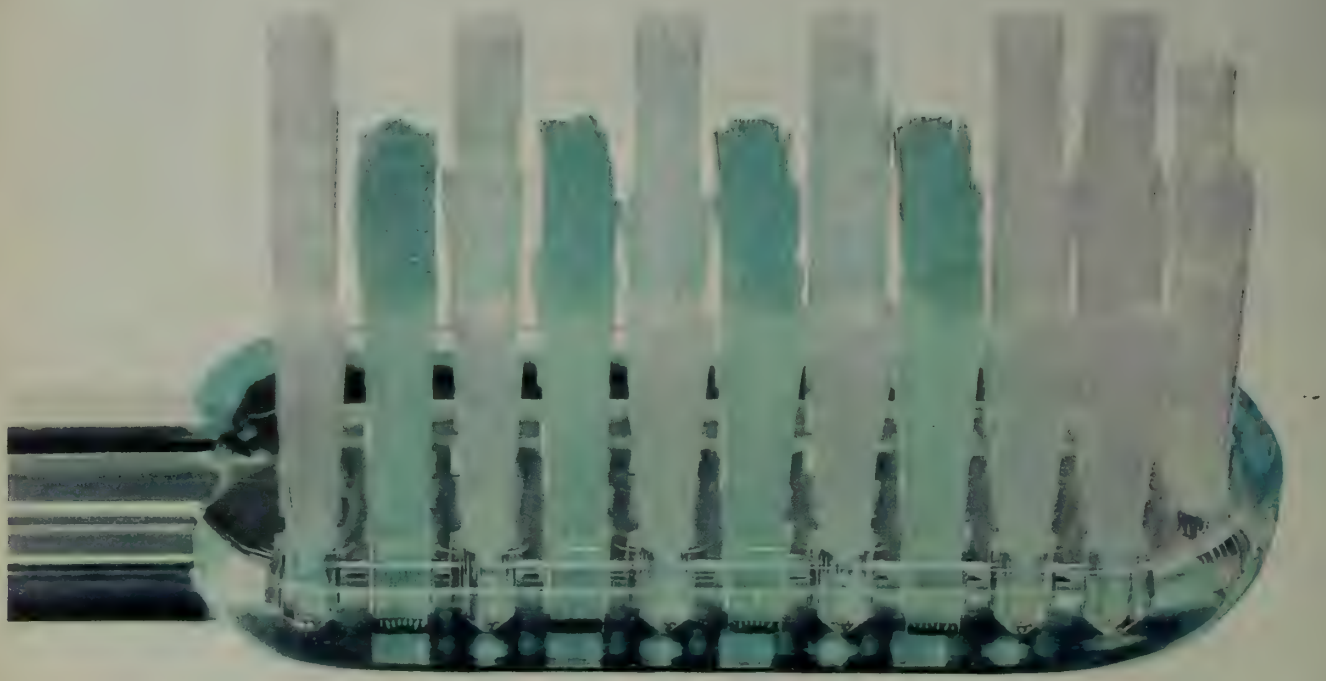
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[1]Difference in mean plaque removal after a single brushing. [2]Floss daily. ©1993 Colgate-Palmolive Company
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EDITOR'S LETTER

SEPTEMBER 1993



PERRY STRUSE

By the time each August came around, my restlessness was a chronic condition. The family vacation was over and those long, lazy, do-nothing days that were so appealing in early June had begun to drag. But as September approached, my boredom invariably turned to excitement. School would be starting soon, and nothing got my adrenaline going like the thought of it.

For me, school meant waiting at the end of our long driveway to join my friends on the big yellow bus. It meant sandwiches on home-baked bread packed in my red and white painted metal lunch box (the kind, alas, now showing up in antiques shops). But more than anything else, going back to school meant newness—new clothes, new classes, new challenges. There was a thrill about fall that still persists, even though I'm long past waiting for the school bus. When September comes, I'm ready to settle down, get organized, and start new projects. You may be, too.

So this issue is loaded with things to do. And to make the summer-to-fall transition easier and more fun for you and the students in your family, we've created a special "Back to School Update" starting on *page 141.* It's packed with ideas and information, and is a great way to kick off a new school year. Check it out. I think you'll like it.

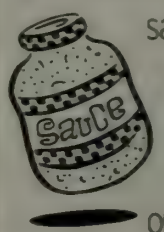
Jean LemMon

Jean LemMon, ***Editor in Chief***

Change any jar of spaghetti sauce into your own family recipe.



Here's the secret. Cut any lean boneless pork chop into small cubes. Brown pork in fry pan with a little oil. Add spaghetti sauce to pan and heat to serving temperature. For even more flavor, saute chopped green pepper, onion or garlic along with the pork. Serve with your favorite pasta. It's that easy! For recipes, send a self-addressed, stamped, business-size envelope to: Recipes-Ad, Box 10383, Des Moines, IA 50306.



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He promised not to step on my toes after he already did . . . *twice* . . . and eventually he stopped whispering in my ear, "One two, one two," and by our last dance he got the hang of it and on his *fourth* trip to the punch bowl he finally offered me a sip.



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A QUARTER DREAM COME TRUE

My husband, two boys, and I spend our annual vacation at the beach with my parents. At the end of each summer, my dad begins saving quarters. When vacation time rolls around, he presents the boys with a huge jar filled with quarters. They have all the change they need for the arcades (their favorite spot).

Linda Mercer
Nashua, N.H.

STOCKING-STUFFER REBATE

With three daughters, stuffing stockings at Christmas can be quite expensive. I've begun accumulating "full rebate" (free) items advertised in the newspaper. So far, I've collected items such as nylons, nail polish, lipstick, lotion, and more. Once you start, you'll be surprised at the number of items being offered with a full rebate.

Pat Fuja
Naperville, Ill.

SAFEKEEPING FOR MEMORIES

Many people have safety deposit boxes to keep their valuables. In mine, I also keep some of my most precious possessions—my photo negatives. If there was a fire, almost everything could be replaced, but I'd never be able to get photos of my children at birth, learning to use a spoon, etc. Next to my two sons, my photos are my most cherished treasures.

Melissa Eiselein
Moreno Valley, Calif.

PICTURE IS WORTH 1,000 WORDS

My daughter feared being separated from me at kindergarten orientation. Before we left home, I had her draw a picture of me and put it into her pocket so I would still "be with her." It worked! She loved visiting kindergarten and was very proud of herself.

Teresa Edmiston
Vancouver, Wash.

FREE SKILLS

I am seeking full-time employment. I've found that some temporary agencies will teach you word processing and other computer skills if you sign up with them. This can be invaluable for people who are trying to make themselves more marketable.

Carol Lawson
Chicopee, Mass.

FULL-TIMER IN CLASS

When my child entered kindergarten, I asked a local educator to suggest what I could do to help my child's education. She emphatically answered, "Participate in his classroom on a regular basis." As a full-time working parent, I thought this would be impossible. But, with my employer's approval, I take only half of my lunch hour each day. At the end of the week I have 2½ hours to participate in the classroom. My son is proud to have me active in his education, and I see firsthand what he is studying in the classroom.

Debbera Coker
Shelton, Wash.

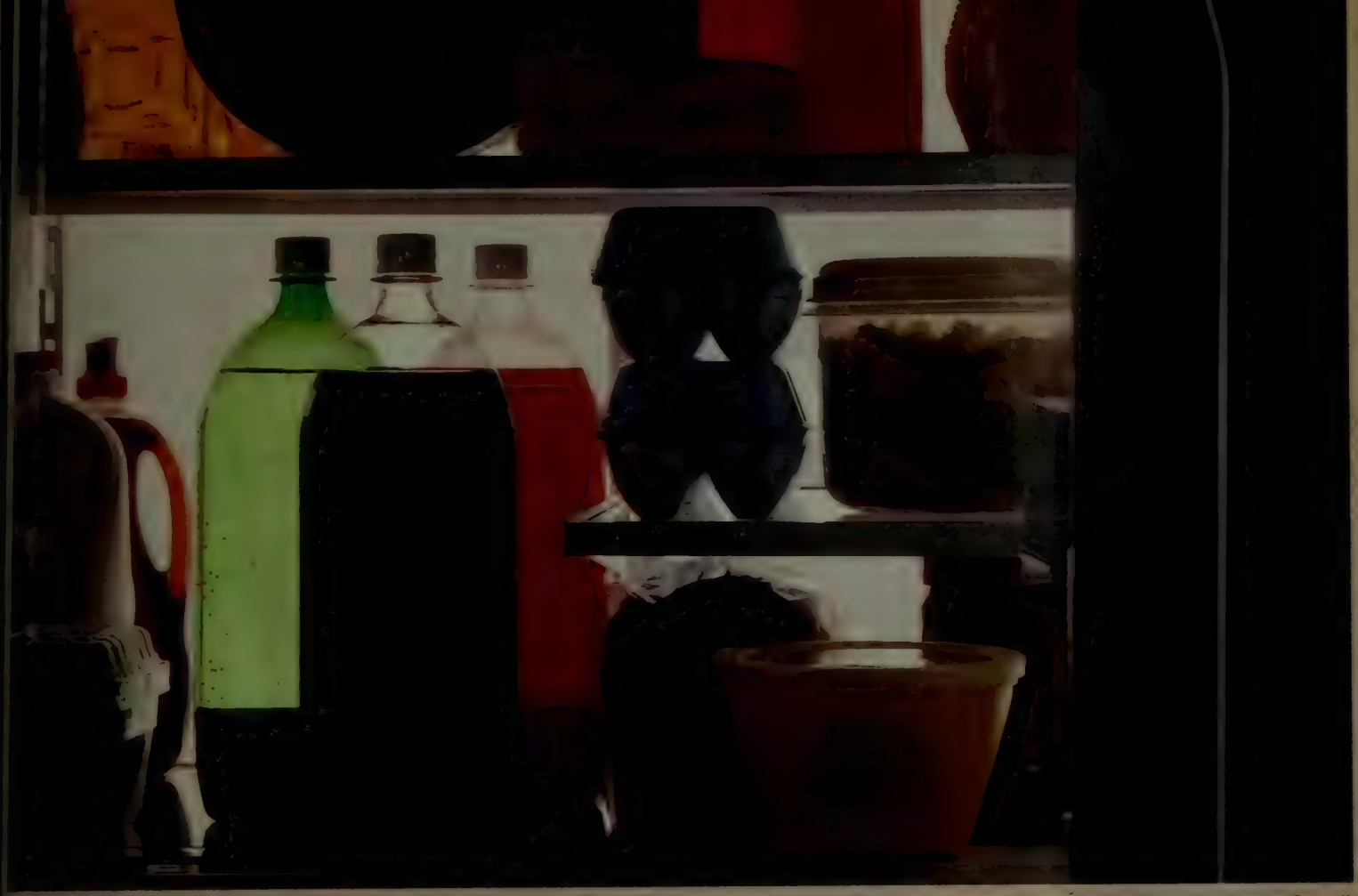
BABY SPRINKLE

When my sister in Florida told us she was expecting, we wondered how we could give her a long-distance baby shower from Missouri. We decided to have friends and relatives each select a week during the last three months of her pregnancy to mail a package. This "sprinkle" of gifts gave her something to look forward to and helped fill the nursery for the new baby.

M. Catherine Downen
St. Charles, Mo.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? *Family Network* would like to hear from you. Write to Family Network, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine. We will pay $50 for each idea published. BH&G



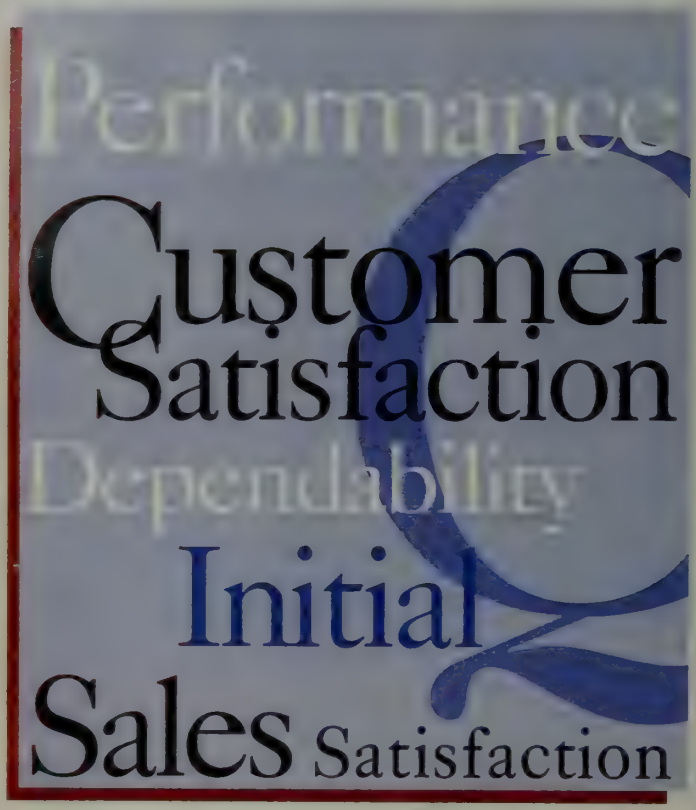
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CAR RANKINGS
Who decides who's Number One?



Quality. Dependability. Safety. Service.

What counts most for you when you're shopping for a new car? How can you measure how different makes stack up against each other?

One guide can be national surveys of customers after they have purchased their cars. In fact, automotive ads often tout claims that their cars or company or dealers are better than the competition because some independent organization said so.

The most frequently quoted claims stem from a variety of surveys conducted by J.D. Power and Associates, of Agoura Hills, California, a company that has been surveying the automotive market for some 25 years.

How J.D. Power works. The company gathers information primarily by mail. "We typically send out 90,000 copies of a survey, each with a dollar enclosed to encourage participation," says John J. Ferron, a senior partner. The names, addresses, and cars involved are supplied in most part by state motor vehicle departments. Power does not relay any of that information to auto companies.

A random national sample then is weighted geographically. Power gets a 40-percent or more response, Ferron says—very high, by normal measures.

Customer Satisfaction Index (CSI). This is probably the most familiar Power index, because of its frequent mention in advertisements. Published once a year, it ranks individual models and manufacturers by polling buyers after 12 to 14 months of ownership.

Contrary to a common assumption, CSI results do not indicate just the quality level of a particular model or make. Only sixty percent of the questions concern quality, while forty percent involve service experience at the dealership. That means that a car with truly high quality could be lowered in the rankings by a poor service performance, and vice versa.

Any catch? Thomas O'Grady is president of Integrated Automotive Resources, an industry research organization that doesn't consider itself a direct competitor of Power. O'Grady has some problems with the CSI because there is no guarantee that your local dealer will measure up to the overall national rankings.

"So many dealerships exist for a specific make," O'Grady says, "the chance that an individual would be using one of the dealerships surveyed is rather slim, perhaps one in ten. Still, when the same manufacturers come in high repeatedly, that's a good sign."

Ferron agrees: "The CSI is a strong signal about how the distribution channel—the dealers—are handling customers across the country." At the same time, he concedes that a high CSI ranking does not mean that every dealer will be tops.

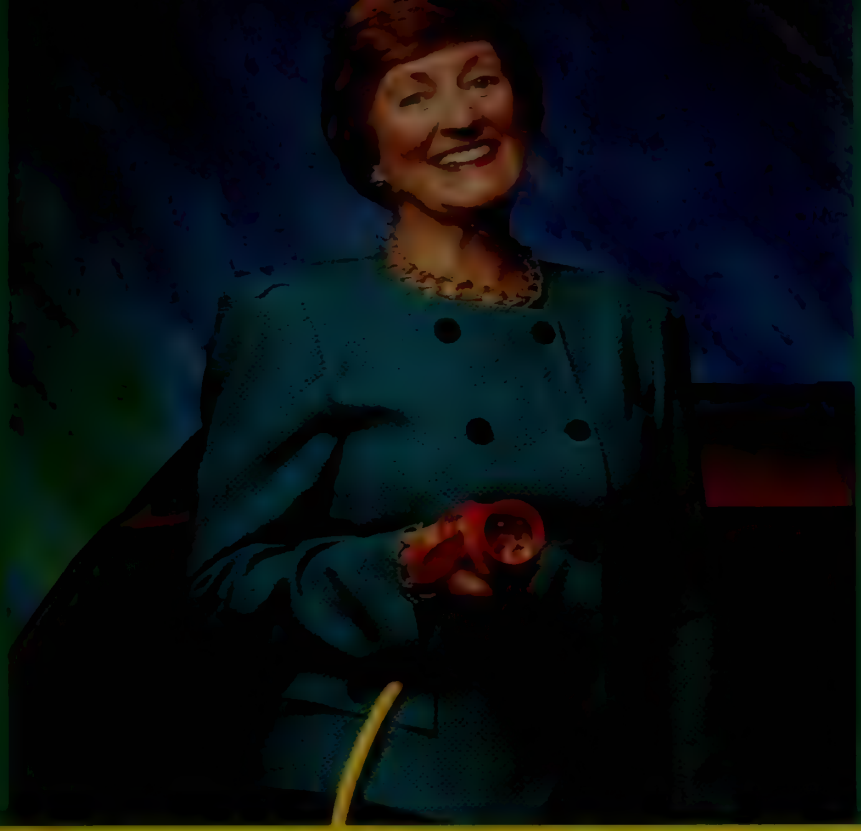
Other Power rankings. Some ads refer to the company's *Initial Quality Survey (IQS),* which looks at things gone wrong in the first 90 days of ownership and is a strong indicator of quality.

The *Sales Satisfaction Index (SSI)* measures the buyer's experience with the sales and delivery process. Like CSI, SSI provides an overall picture, but it does not beat knowing how local dealers operate.

Less familiar are Power's *Vehicle Performance Index (VPI),* which surveys "things gone right" during three years of ownership—a good indicator of long-term quality; and the *Vehicle Dependability Index (VDI),* which looks at a model's dependability, the owner's service experience, and the severity of problems after four to five years. The VDI is valuable if you are contemplating buying a model that is essentially unchanged from the surveyed model.

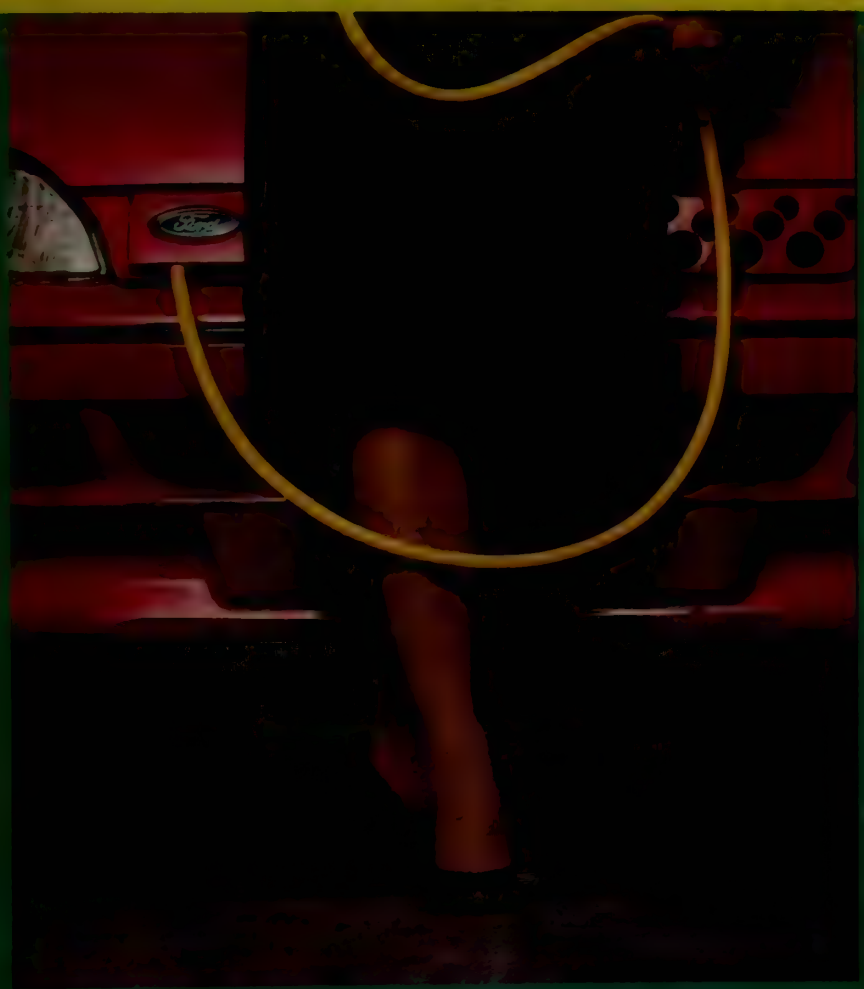
For details. Complete survey results are sold to manufacturers and other interested parties for about $20,000 up to $100,000—a bit pricey for individuals, needless to say.

The monthly *Power Report,* which carries abbreviated survey results and industry statistics, sells for $295 for 12 issues. Individual issues are available for $30. Write: ***J.D. Power and Associates, 30401 Agoura Road, Suite 200, Agoura Hills, CA 91301.*** Ask for the issue containing the survey in which you are interested. Also, check for newspaper accounts of the surveys at your library, and investigate consumer magazines before you shop.



Roberta J. Nichols, Ph.D
Ford Environmental Engineer

"Environmental responsibility fuels our research."



At Ford Motor Company, responsibility for the environment goes hand in hand with building quality cars and trucks. That's why we're already building vehicles that meet California's strict emission standards for the late 90's.* It's also why we're the first U.S. manufacturer to build a car with CFC-free air conditioning and why we'll soon have a fleet of electric vehicles on the road. At Ford Motor Company, we take our responsibilities seriously.

Ford

Ford • Lincoln • Mercury • Ford Trucks

QUALITY IS JOB 1. IT'S WORKING.

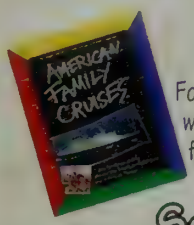
Buckle up–Together we can save lives.

* 1998 TLEV U.S. Ford Escort and Mercury Tracer

Always insist on genuine Ford Motor Company collision repair parts.

The Greatest Family Vacation on Earth.

The first vacation totally dedicated to families is here.



For the first time, there's a vacation that delivers everything families want... and it's all in this brochure. No other resort or cruise offers families so much, with just the right balance of time for kids, time for parents, and time together.





Something for everyone. All day long.

We take extra-special care of kids. AFC's KinShips℠ offer an incredible array of activities and facilities for four separate age groups. **Fuzzy Wuzzy's** Den is a cuddly, nurturing environment for 2-4 year olds. **Rock-O-Saurus Club** is for the inquisitive 5-7 age group. **Sea Haunt** for adventurous 8-12s, and **Club Yes!** is the radical cool place just for teens.

Mom and Dad deserve time of their own.

While the kids are doing the things they love, parents have time to relax. With our **guaranteed group babysitting** service, Mom and Dad can enjoy the civilized pleasures of a candlelit dinner for two, a late night show and the casino or a whole evening to themselves -- anytime they like.

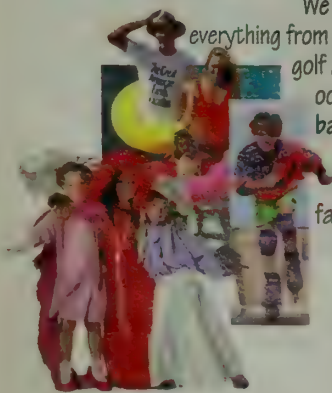


Seven days of flex time.

Families want to eat on their own schedule. On AFC, **kids and parents eat when, where and what they like.** Whether they prefer a casual buffet, piping-hot pizza or elegant restaurant-style dining, it's their choice, anytime of day.

Family Fun and adventure.

We keep the ball rolling with everything from basketball, soccer and baseball to golf and tennis clinics to Family Olympics, oceans of watersports and (a first on any ship) **batting cages and Rollerblade® skating!** And only on AFC, kids meet and get **coaching tips** from **Major League baseball greats** -- and trade favorite cards at **AFC's Sports Card Expo.**



AFC takes families to adventure. **Our Landfalls of t Explorers** cruise follows the wake of the great explorers the Eastern Caribbean.

Voyage of the Buccaneer

travels the route of pirates in the Western Caribbean. And **Call of the Wild** is a call to adventure and fun in Alaska's wilderness.

The first real family vacatio

Only AFC has special **KidsPick℠** menus. An **American pediatrici** aboard every voyage. **2 to 6-berth cabins** for even the largest fami **Special Single Parent plan** and **Family Reunion packages.** And a outstanding staff of warm, caring kids' **Coaches** to supervise it a

Our **Straight Rates℠** make it easy to go with rates

from just $448* per person.

Family of four, full 7 day cruise only, super value seaso including meals, entertainment and all onboard activities.

American Family Cruises. It's the vacation familie have always wanted. Now why didn't someone think of it before?

7-day family cruises to the Eastern and Western Caribbean and Alaska.

The fun begins December 18, 1993.

Call now for our Free Brochure 1-800-989-170



Ships' Registry: Italy

AMERICAN FAMILY CRUISES

The Greatest Family Vacation on Earth



Actual size of doll is 13½ inches tall.
Complete with blanket and doll stand.

Even though Mommy had said "no playing in the living room," Tommy kind of...well, he forgot. Then (oops!) the ball knocked over the planter and the fun sort of stopped. At bedtime, he can't help saying with sincerity, "Mommy, I'm sorry!"

"Mommy, I'm Sorry," by artist Kathy Barry-Hippensteel, is an original issue in *I Want My Mommy* — a heartwarming collection of porcelain dolls that portrays children's attachments to Mommy.

Little Tommy's sweetly sculpted face, pouty chin, and pleading hand-set blue eyes beg for forgiveness. His fleecy removable sleeper matches his favorite blanket, while hand-painted details bring him to life.

Recommended by Ashton-Drake, Tommy is certified Premiere Grade — your assurance of superior artistry and craftsmanship. As an heirloom-quality doll with exceptional credentials, he may be a wise investment as well.

Let this toddler know he's still loved for only $59.95. But hurry..."Mommy, I'm Sorry" is issued in an edition ending forever in 1993, after which molds for this doll will be broken and no more porcelain will ever be cast. Order today.



Tommy's expertly sculpted clasped hands truly tell his tender tale.

THE ASHTON-DRAKE GALLERIES
9200 North Maryland Ave.
Niles, Illinois 60714-1397

PLEASE RESPOND BY:
September 30, 1993

YES, I would like to reserve "Mommy, I'm Sorry" Limit one. I understand that I need SEND NO MONEY NOW. The first installment will be billed before shipment of the doll.

- **SEND NO MONEY NOW**
- **3 EASY PAYMENTS OF $19.98***
- **ONE-YEAR, RISK-FREE GUARANTEE**

X _____
Signature Date

_____ ( )
Name (please print clearly) Telephone

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Address Apt.No.

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City State Zip

*Plus $4.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $79 plus postage and handling and any applicable sales tax.

76292-D81201

THE ASHTON-DRAKE GALLERIES
Bringing You Dolls of Irresistible Value

©'93 The Ashton-Drake Galleries 9200 North Maryland Avenue, Niles, Illinois 60648-1397 A6292-CR2X

GARDENER'S

SEPTEMBER

ALMANAC



PETER KRUMHARDT

INSTANT COLOR WITH MUMS

Do the annual flowers in your pots, planters, and window boxes look a bit tired now that summer is drawing to an end? Just rip them out and replace them with chrysanthemums from your garden center or nursery. The mums will provide vibrant color right through the fall. Lynn, a purple flowered chrysanthemum, is one of many new hybrids available this year.



EXTEND THE SEASON

Add weeks of valuable growing time to your gardening season with the new Super Tunnel from Gardener's Supply. Stretched over cabbage, broccoli, kale, cauliflower, Brussels sprouts, and other crops, the Super Tunnel will protect them from weather extremes, allowing you to harvest fresh produce weeks longer. Price: $49.95. For more information, call: 802/863-1700.

GARDENER'S SUPPLY



W. ATLEE BURPEE & CO.

THE CARE TULIP

Help poor rural families in Africa, Asia, and Latin America by planting bulbs from Storage Bulbs in your garden this fall. For every package of tulips, Breadstone Bulbs, the Burpee Company will donate 10 percent of the retail price to CARE's agricultural programs. CARE helps people in developing nations set up community gardens. These gardens provide nutritious fruits and vegetables that would otherwise be unaffordable. For more information, call Burpee: 800/888-1447.

BY DOUGLAS A. JIMERSON



PHOTOGRAPH BY STEPHEN CRISTGEN, DESIGNATE EDITOR, DONNA MELLO

FALL IS FOR PLANTING

Give shrubs and trees a jump-start next spring by planting now while the weather is cool and moist. This allows plants, such as bridal-wreath spirea (*Spiraea x Vanhouttei*), enough time to develop an adequate root system before the ground freezes. To save money, watch for a fall clearance sale at your local nursery. It's a great way to buy good-quality plants at affordable prices.

NEW!
Whitewater Fresh
Zest
Family Deodorant Bar
New Whitewater Fresh Zest.
It rinses cleaner so your family's skin feels smoother.
Soap leaves a film you can feel on your skin.
But New Whitewater Fresh Zest® rinses cleaner than soap.
So your skin feels smoother than soap.
You're not fully clean unless you're Zestfully clean.



Guess Where Rob And Kathy Will Be Enjoying Their Next Few Hundred Saturday Mornings.

Rob Emerson's taste runs to pop standards and stacks of pancakes; Kathy's, to fusion jazz and fancy omelets. But they're definitely of one mind about their Thomasville American Oak bedroom.

In fact, their love affair with it began at very first sight.

It's easy to be captivated by our choice oak, hand-highlighted to glow with the warm ambience of colonial style. And by the delicate Queen Anne lines embodied in every curve and carving.

But this is no passing fancy. Thomasville is furniture built to last by master craftsmen. The real beauty, as you'll discover, is that your affection for it will continue to grow with every year you have it.

To purchase our idea-filled bedroom decorating video, and learn the name of your nearest Thomasville retailer, call 1 800 225-0265. Ask for Dept. 933B.

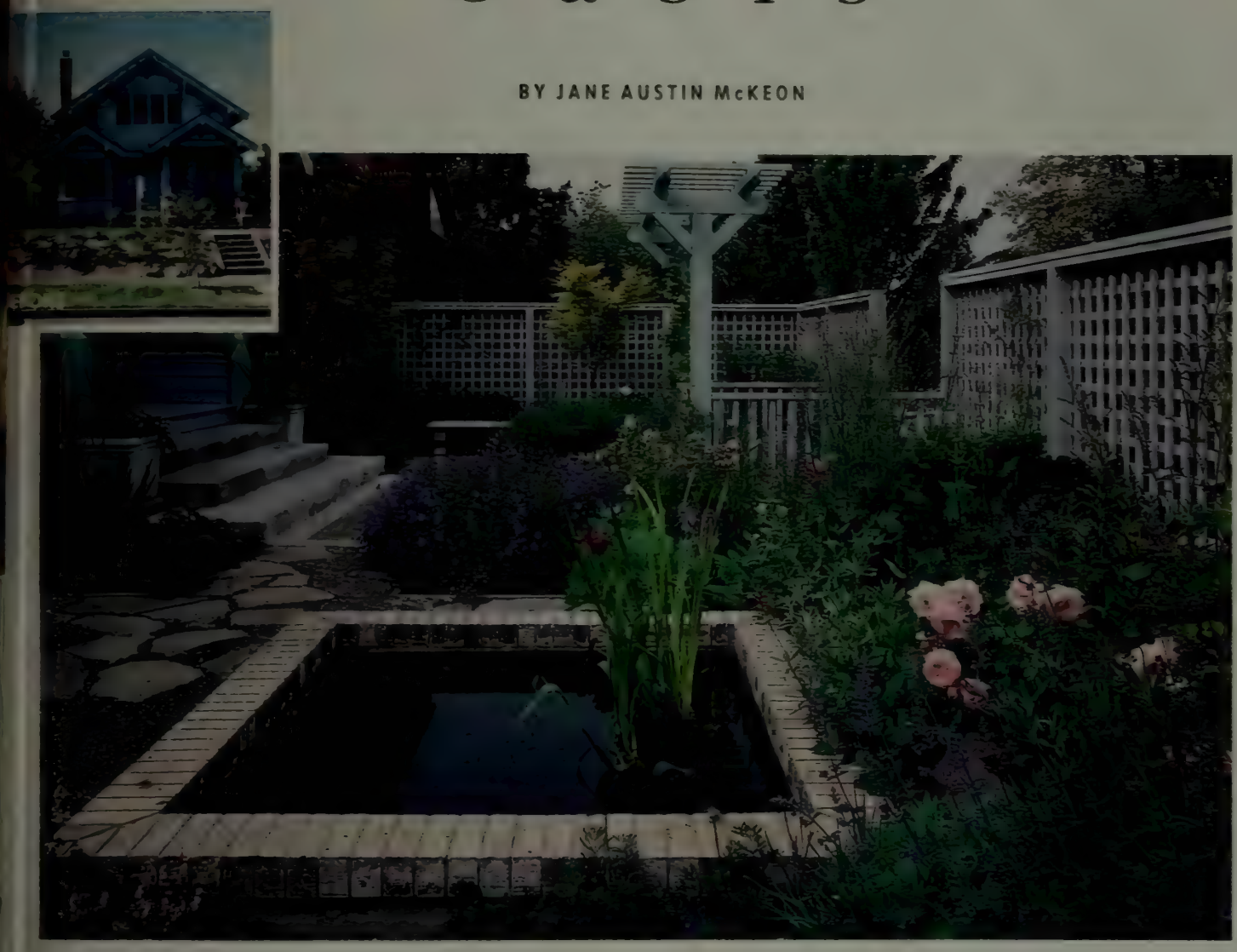


Thomasvill

Beautiful furniture, beautifully ma

front *yard* oasis

BY JANE AUSTIN McKEON



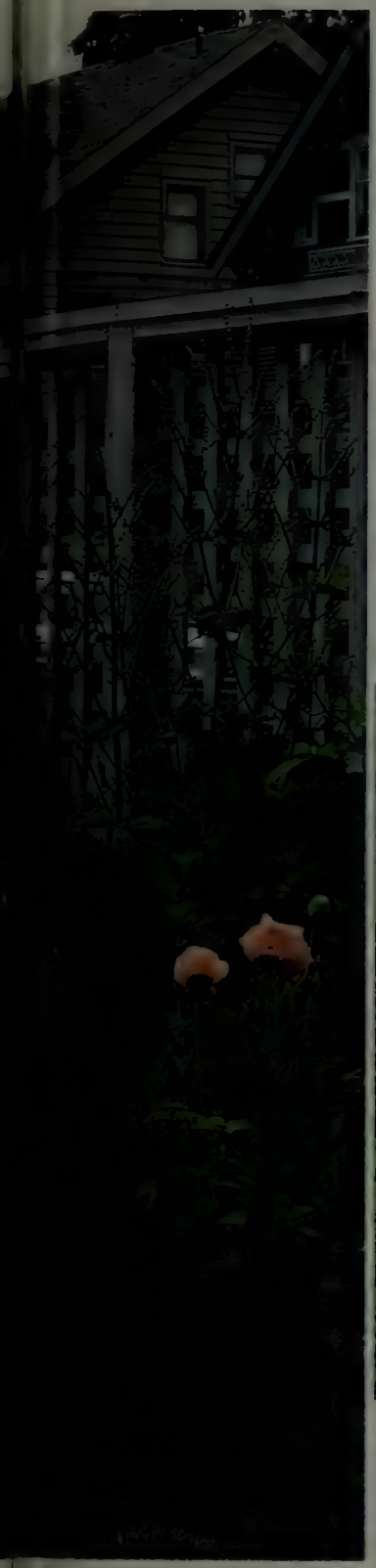
Gardening in the city offers Edith Walden a special kind of solitude. Designed to be a restful retreat, Edith's Seattle front yard is filled with the intoxicating scents of summer flowers and the refreshing sounds of a watery oasis, giving her the Walden Pond she's always dreamed of having. Here's how she made it happen.

front *yard* oasis



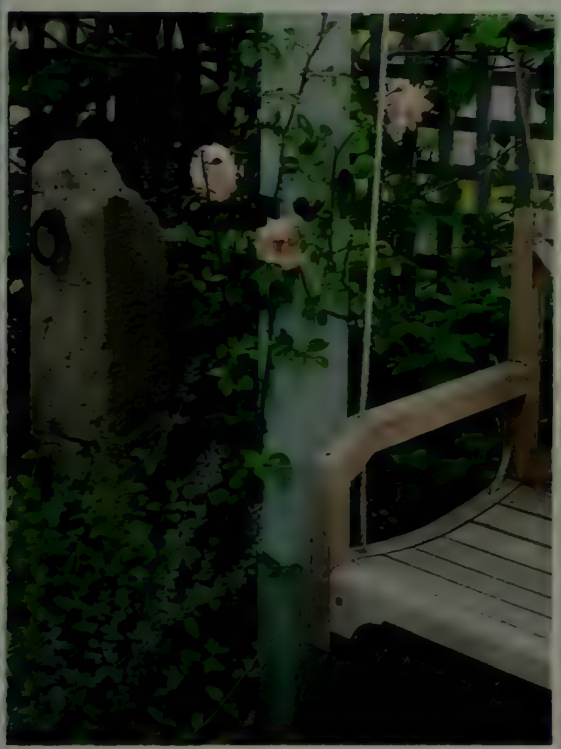
A cottage-garden array of flowering perennials fills Edith's front yard with blooms from spring to fall. In early summer, a mound of Johnson's Blue hardy geraniums is the main attraction.

Edith paid little attention to her front yard until a few years ago when the gardening bug bit. At that time, her property resembled all of the others in her neighborhood: small and sloping. "I wanted to create an outdoor room where I could enjoy flowers and fresh air," she says. Edith's backyard offered only a deck with space for a few pots. Having no other place to garden, she turned to the street—the street side of her home, that is—for refuge.

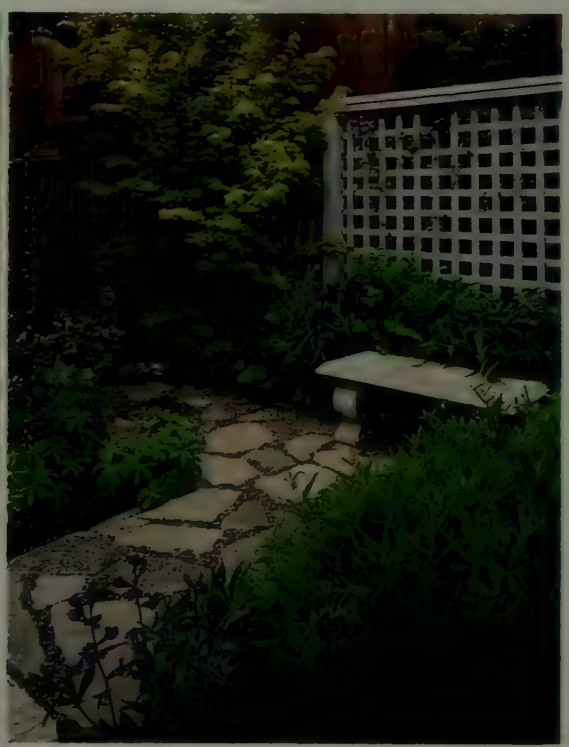


"Our backyard is so small, the only place we could really garden was out front."

– *Edith Walden*



Edith personalizes her garden with treasured finds, such as this old concrete hitching post, which nestles into a clump of nepeta next to the swing.

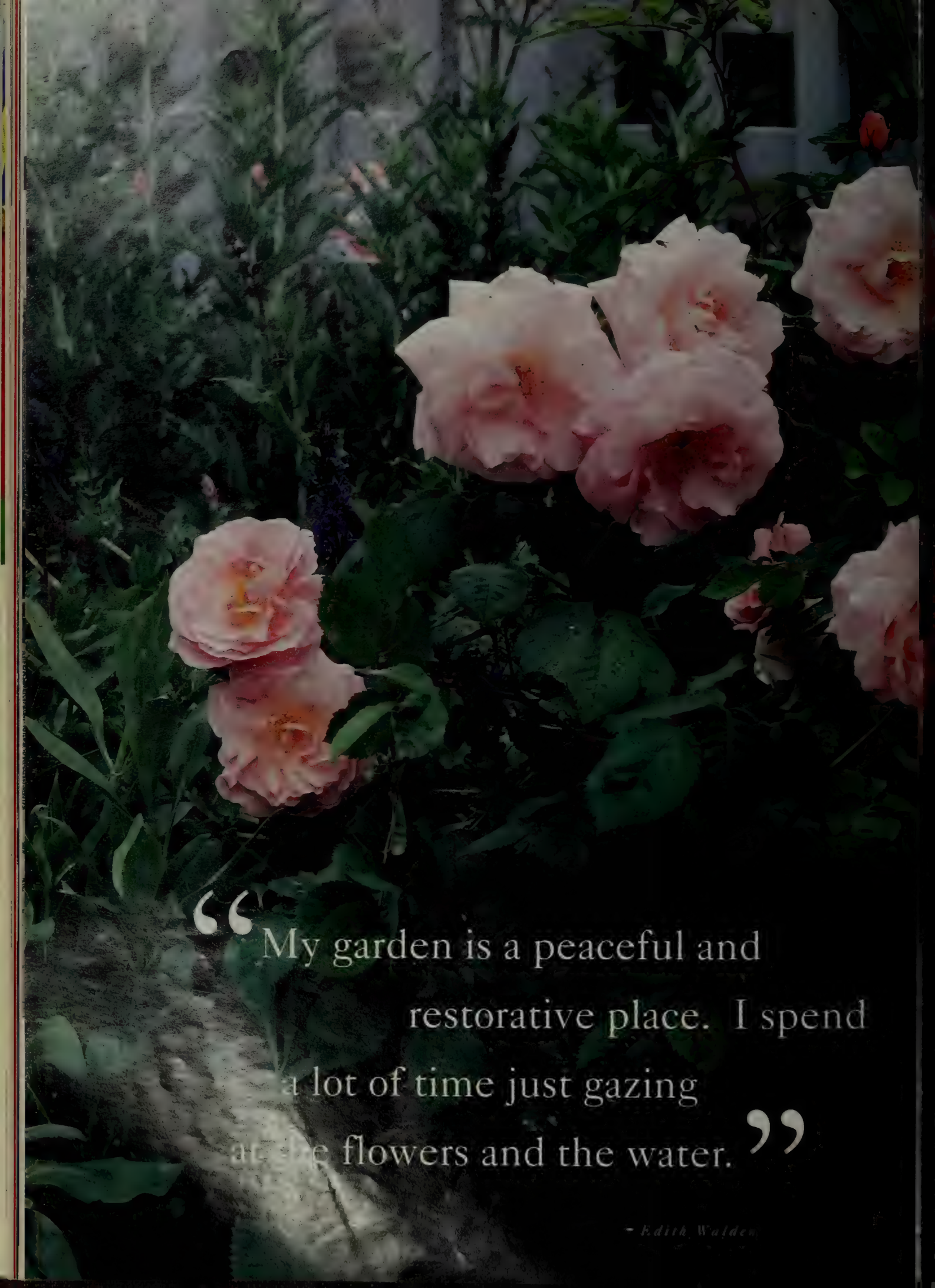


Designed to be enjoyed from both indoors and outdoors, every corner of the garden offers a pretty view. Here, hardy perennials flourish without any fuss.

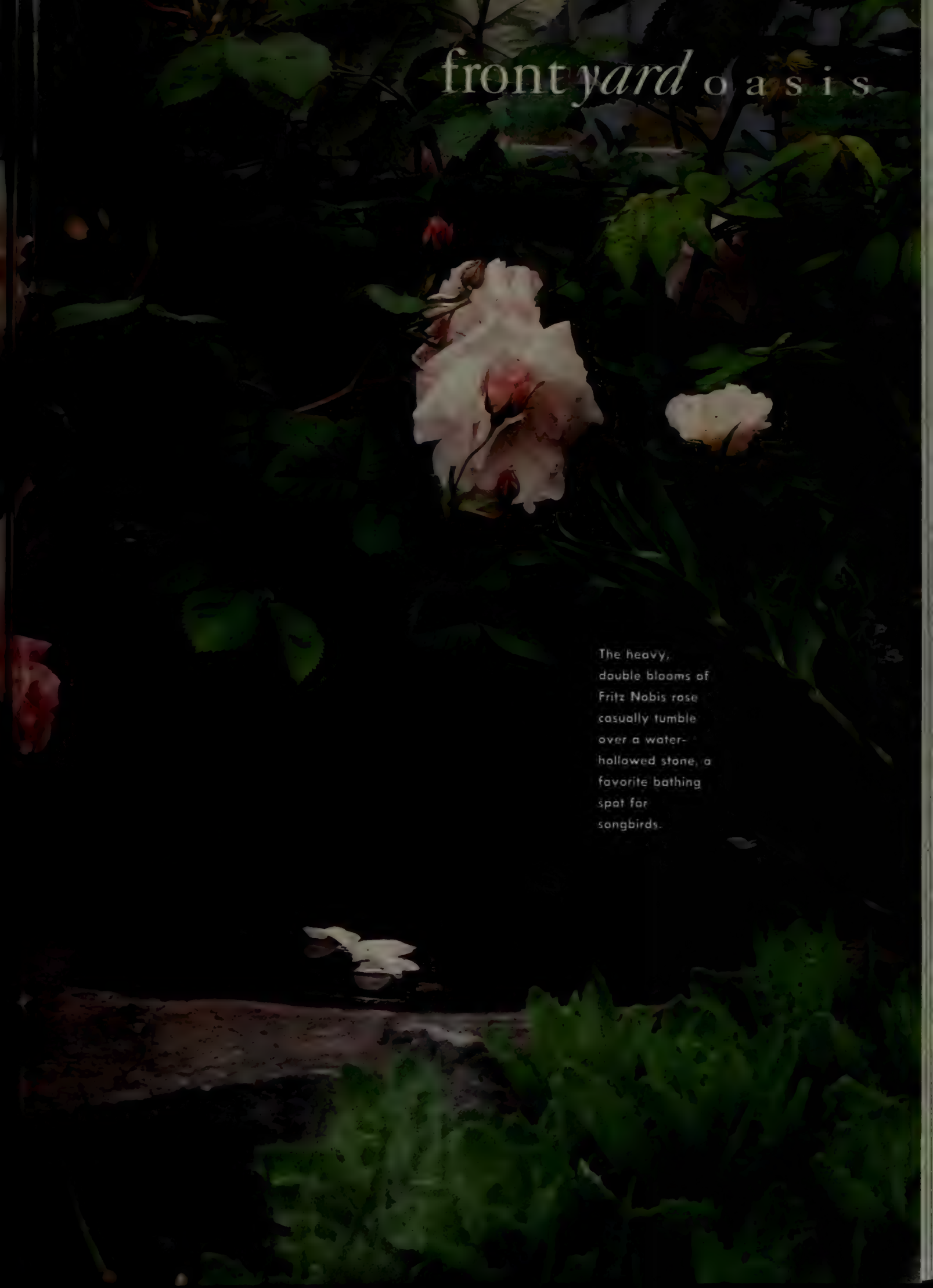
Even though she had some gardening experience, Edith sought advice from a landscape designer. "Hiring a professional helped me do the right things from the start," she says. "I wanted to avoid making costly mistakes in such a visible area." In fact, it was her yard's high visibility that posed the biggest challenge. "I needed privacy, but I didn't want to feel barricaded in," says Edith.

Within the garden's "walls," hardy and drought-tolerant perennials fill free-flowing beds, divided into islands by a meandering path. A thick mulch of manure and bark keeps the garden weed-free and well-fed. "Because I work full-time, a low-care garden was my priority," says Edith.

Now well established, Edith's garden virtually maintains itself, giving her the luxury of dangling her feet from the swing. "I'll plan on going out to the garden for just a minute, and before I know it, an hour has passed," she says.


"My garden is a peaceful and
restorative place. I spend
a lot of time just gazing
at the flowers and the water."
- Edith Walden

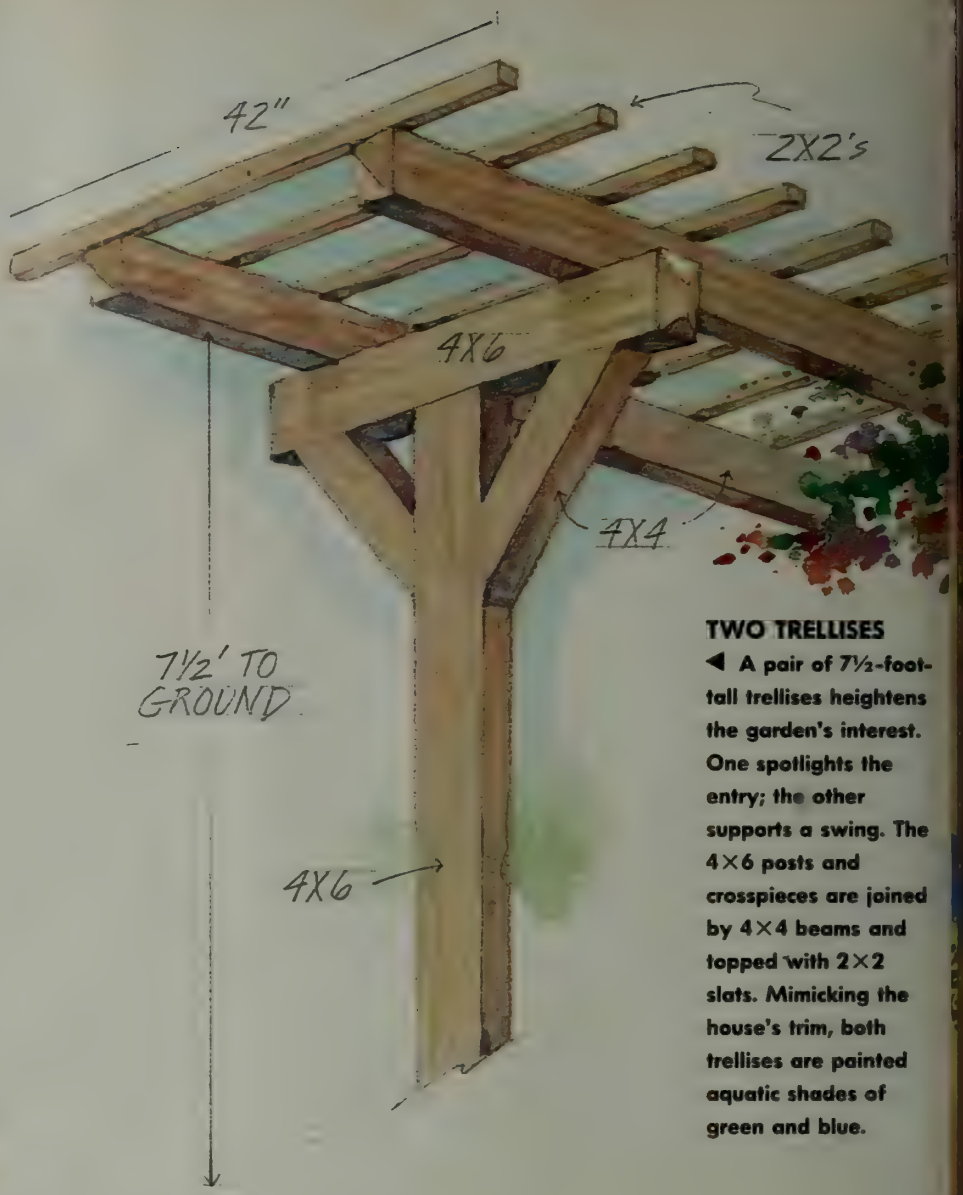
front *yard* oasis



The heavy, double blooms of Fritz Nobis rose casually tumble over a water-hollowed stone, a favorite bathing spot for songbirds.

front *yard* oasis

Built for all the world (or, at least the neighbors) to see, Edith's front-yard features were designed for both function and beauty. The lattice screen provides privacy without being formidable like most fences. Simple trellises offer structural focal points while supporting colorful climbers. The path's hidden attraction: the scattering sounds of pea gravel announce approaching footsteps.



TWO TRELLISES

◀ A pair of 7½-foot-tall trellises heightens the garden's interest. One spotlights the entry; the other supports a swing. The 4×6 posts and crosspieces are joined by 4×4 beams and topped with 2×2 slats. Mimicking the house's trim, both trellises are painted aquatic shades of green and blue.

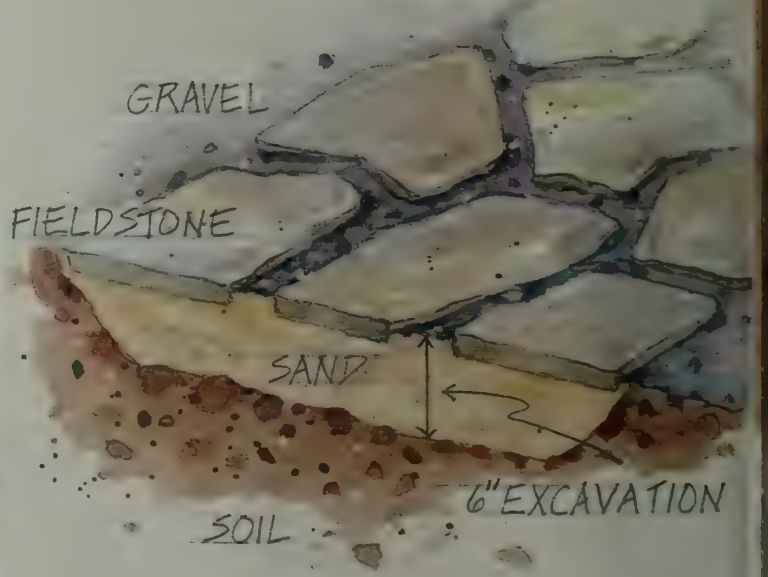


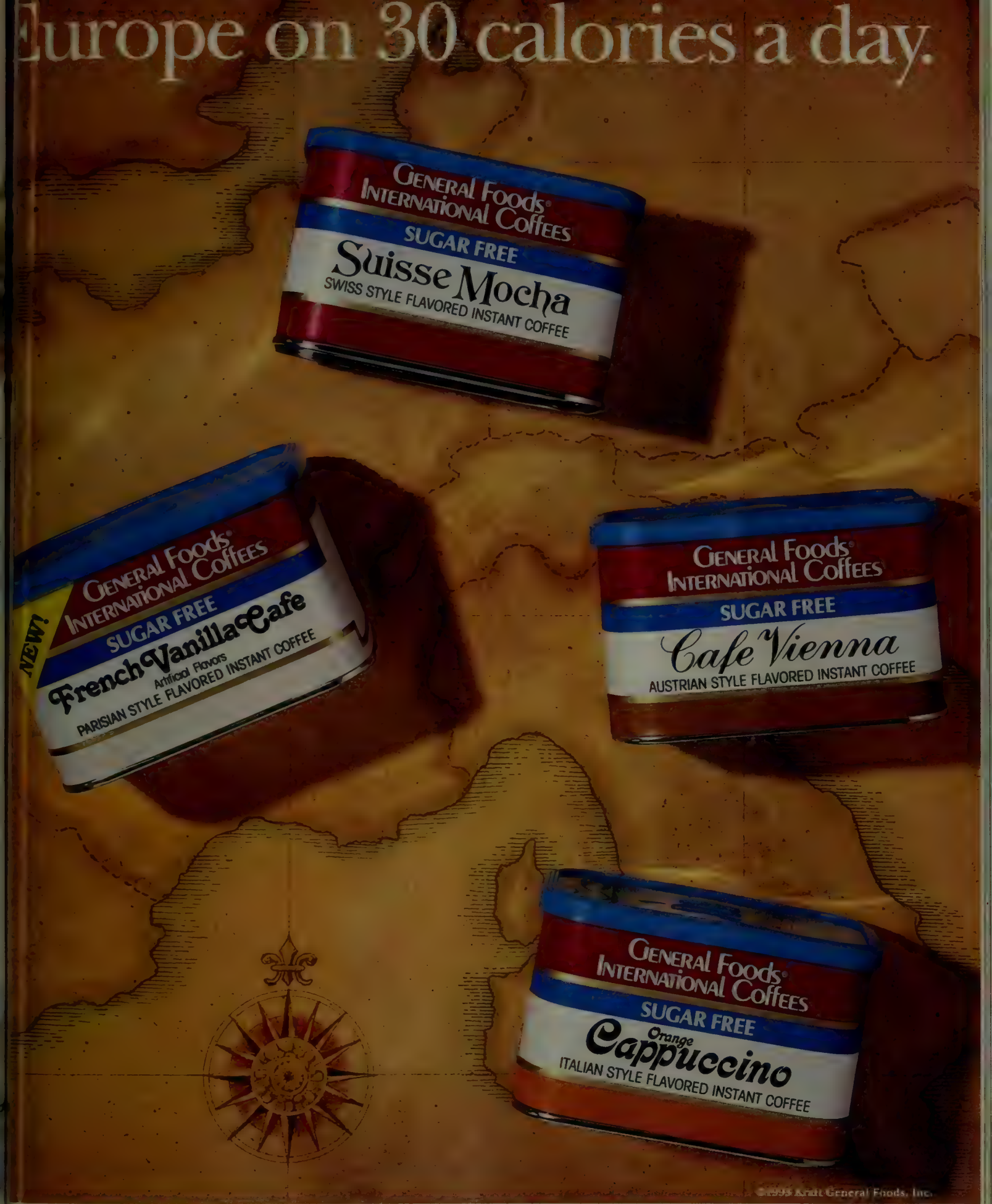
PRIVACY SCREEN

◀ Airy, 6-foot-tall lattice screening lets the breeze into Edith's small garden retreat. Set in concrete 2 feet below ground level, the 4×4 posts support latticework panels built of 1×2s and capped with 2×4s. The fence is painted gray to match the house.

GARDEN PATH

▼ A rope helped Edith outline the curving edges of her walkway. Excavated to a depth of 6 inches, the path has a 4-inch-deep sand base. Concrete pavers, cut in irregular shapes to look like flagstones, form a mosaic pattern on top.





Introducing the latest from the Sugar Free line of General Foods® International Coffees.

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Golden Dipt

We Make Seafood Easy.

PROJECT

TREAT YOUR YARD TO THESE HALLOWEEN DECORATIONS



Decorate your yard with this friendly four-foot-tall witch and these five smaller Halloween designs, including a pumpkin, a black cat, a ghost, and a small and large star.

Even if you have little woodworking or crafting experience, you're sure to enjoy building and displaying these heartwarming decorations. By ordering our package, you'll receive full-size patterns and complete step-by-step finishing instructions.

You'll need a saber saw to cut the shapes out of 3/8-inch plywood, plus a drill, sandpaper, and painting supplies.

HOW TO ORDER:

To order your Halloween pattern package, send your name and address plus $9.95 (U.S.) check or money order to:

Better Homes and Gardens
Pattern Sales
P.O. Box 9255—BHG 12
Des Moines, IA 50306

The $9.95 price includes shipping and handling for all six patterns, and our money-back guarantee.

I Paid Less!



"Fantastic! I paid only $19 for a luxurious $29 **Gallagher** sandwashed silk shirt! I love the Chadwick's of Boston catalog!"



"I paid just $89 for the same pure wool **Adolfo** coat that I saw downtown for $189. That's $100 less! I couldn't believe it!"



"A fully lined **Bagatelle** leather skirt for $39 and an **Ellen Ashley** print blouse for $29! I saved over $50! No reason to wait for a sale!"

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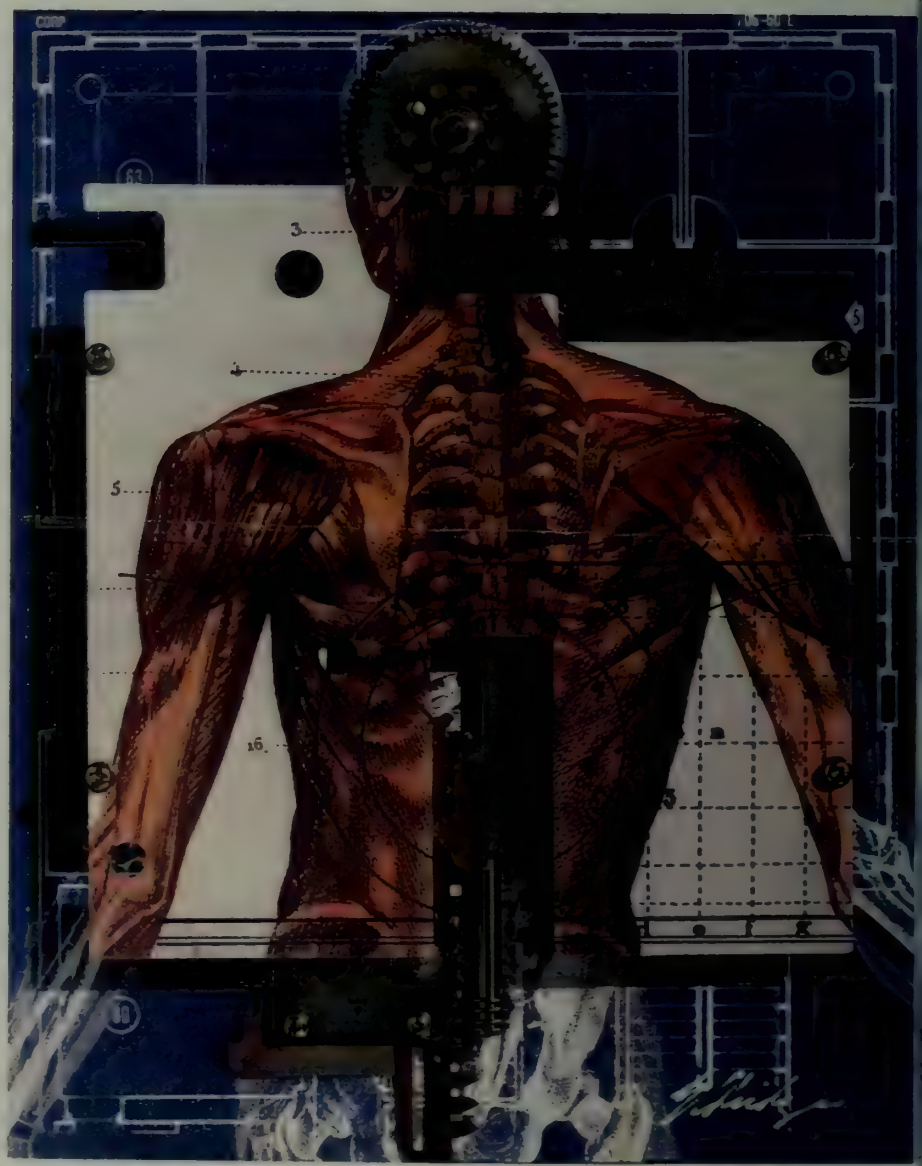
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BY AMY ROFFMANN NEW

Is Your Office A Big Pain?

Setting up your work space for comfort and health



DESK JOBS can be a pain. We're talking real, physical pain. If a stint at your office or home work space leaves you sore, cranky, or headachy, listen up. Your office setup may be the culprit. The good new is, you can fight back—and win.

Headaches, sore backs, tired eyes, and muscle tension are common complaints among office workers. Every hour we spend talking on the phone or typing and keying at a computer terminal exposes us to these miseries.

To prevent these ills, all that's needed is a little education in the new science of *ergonomics.* That's the study of how people and machines work together. If you improve the ergonomics of your work area, you'll find that those little aches and pains will fade away. Here's what you need to know.

Chair basics. A well-designed, well-adjusted chair probably is your best defense against aches and pains in your neck, back, and shoulders.

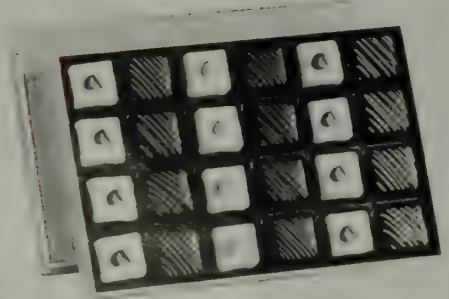
Start with a comfortable, adjustable chair that supports your lower back. Ideally, the chair should have a base of five legs, rather than four, to keep from tipping as you move around in it. Adjust the seat height until you can just place your feet flat on the floor. "You don't want your feet dangling or your knees too close to your chest," says Raul Colon, ergonomics consultant with Humantech, Inc., in Ann

continued on page 3


Now Mr. Clean
s Mountain Falls fresh!
NEW
MR. CLEAN
MOUNTAIN FALLS
Now there's a second fresh, light scent from the same powerful cleaner. New Mr. Clean Mountain Falls cleans to the shine with a waterfall of freshness.
Mr. Clean® it to the Shine.



FREE!
When you know our secret.



Tempt yourself 24 delicious ways...

Just circle the word "Swiss" on the reply card of the Swiss Colony ad in this issue, and you will receive these 24 Petits Fours pastries FREE with your first order.

A BIG PAIN

continued from page 34

Arbor, Michigan. Either of these situations can create stresses on your back and restrict blood flow in your legs.

Keep your feet flat or flexed at a slight angle. Many commercial footrests are available to keep your legs at a comfortable angle, but old phone books work just as well. Be sure there's enough room to keep from bumping your knees on the underside of the desk. Watch out for under-the-desk keyboard trays; they sometimes limit leg space.

Next, look at the depth of your chair's seat. When you sit all the way back, the bend of your knee should be slightly past the end of the chair. "The seat needs to allow you to sit against the back of the chair with your lower back supported," says Dennis McIntosh, executive director of the Center for Office Technology in Rosslyn, Virginia. "If the seat is too deep for you, use a cushion [to sit farther forward]."

Your upper arms should be roug parallel to your trunk and comforta bent at the elbows. To reduce yo chances of developing wrist pro lems, it's a good idea to keep yo hands and wrists approximate straight, according to Rani Lued ergonomics consultant at Humani in Tarzana, California.

Most importantly, says Colon, y want lumbar support to help mainta the natural curve of your lower ba When the lumbar support is too lo or too high—for *your* back, not yo coworkers'—stress on the ba increases, and sitting becom uncomfortable after a few hours.

If adjusting your chair doesn't g you into the best working postur take a moment to consider the heig of your desk. A good desk is easi adjustable, says Colon. It should take more than a couple of minutes raise or lower the height of the wo surface. If your desk isn't adjustab you can always raise it with woo blocks or a few phone books. The solutions are exactly elegant, b they're better than a sore back or damaged wrist.

Give Yourself a Break. Now th you know the best way to sit, yo ought to sit that way all day, righ Wrong! "People move through range of postures throughout th course of the day, and the real key to keep the movement going," sa McIntosh. "Fidget, squirm, wiggle- do all the things your elementa school teacher told you not to d Those movements are your body way of relieving pressure in yo muscle groups."

A second strategy: Get out of yo chair regularly According to Luede taking more breaks actually help increase productivity. You may thin you don't have time for breaks, b you're not saving time by slavin away incessantly.

Besides taking major breaks, tr some microbreaks. Take your hanc off the keyboard or put your pe down, stand up, and move aroun focus across the room instead of o your work or monitor, then go back t work after just a few seconds.

"People who are most likely t have back problems are the ones wh move the least," says Lueder. "That one of the most important things tha

they can do, to relieve the buildup of stress in their body. Sitting increases stress on the back."

Don't wait until you're uncomfortable to take a break. Plan on lots of little breaks, and a few longer ones. Lueder recommends that intensive computer users take 10 minutes in the morning, 10 minutes in the afternoon, and a short break every hour. It's also helpful to relax for a few seconds every ten minutes.

Lights out! Two of the most common office complaints are sore eyes and headaches. One of the most glaring causes of such problems is—glare! Computer monitors deserve blame for much of the problem.

Glare takes two forms:

- Direct glare is created by the monitor itself. Turn down the brightness and turn up the contrasts until the screen is easy to read. If you are working with an LCD-type screen, most common on laptop computers, make sure the screen has plenty of soft illumination, and adjust the tilt and contrast for the best image.
- Indirect glare arises when the monitor screen reflects surrounding lights or windows. "If you tilt your screen up at all, it mirrors the ceiling lights," says McIntosh. "After a while, that can cause eye strain." In general, office lighting for computer users should be dimmer than other office settings.

Reforming your keyboard habits can often solve wrist problems.

Fixing a glare problem can be simple and free. For direct glare, start by making sure your screen is clean. Dust can build up quickly and make the screen hard to read. For indirect glare irritation, adjust your screen so it doesn't reflect lights. And if light from a window is a problem, close the blinds.

If these steps don't work, consider buying a glare screen. These mesh or glass sheets fit over your monitor and reduce reflection. Be sure the one you want fits your monitor, and check to make certain that it doesn't degrade the image on the screen, says McIntosh.

Keyboard to success. Workers who spend long hours at keyboards sometimes develop wrist and hand pain. One of the most widely talked about forms of the problem is carpal tunnel syndrome.

The fault, dear reader, lies not in our keyboards, but in ourselves. At least that's what some experts are saying. How we use the keyboard may hold the key to avoiding discomfort and pain, and perhaps, carpal tunnel syndrome and other cumulative trauma disorders (CTDs).

Factors such as typing posture, working without breaks, stress, and even certain hobbies can contribute to the development of CTDs.

"If you are a pianist or you bowl at night or on weekends, and then work

continued on page 38



A BIG PAIN

continued from page 37

on a computer all week, you may be more susceptible to aches and pains," says Mark Stuart, associate director of risk management for the National Association of Manufacturers. "There is a lack of science on this. No one can say that if you type more than 40 words per minute, for example, you will develop problems."

Wrist extension—bending the wrists back toward your body—seems to be a major contributor to wrist discomfort, according to Lueder. Wrist extension often occurs when you rest your wrist or palm on the desk while typing. Tilting your keyboard too much also makes you bend wrists back as you type.

A wrist rest, available at many computer supply stores, may help. Wrist rests are padded platforms that fit in front of the keyboard to prevent your wrists from falling below the level of the key tops.

Also helpful is adjusting the height of your keyboard so your elbows form a comfortable 90-degree angle and your wrists are approximately lined up with your hands. For short people, that might mean placing the keyboard in an under-the-desk tray—another accessory from your computer supply dealer.

Even with the best of setups, you will need to take breaks. Remove your hands from the keyboard, let your arms dangle loosely by your side so your shoulders relax. Take a few seconds every now and then, plus the recommended longer breaks each hour.

Pains in the neck. Stress, poor document placement, computer monitors, and telephones account for the majority of neck and shoulder pain among office workers. According to Lueder, these aches are second only to eyestrain in office discomfort.

To combat stress, take frequent breaks or consider stress-reduction techniques like exercise or off-hours meditation. Be aware of tension before it builds to levels that may be damaging to your health.

If you type from documents, purchase a holder that puts the copy near your monitor and at eye level. Clips that attach directly to the monitor work well. Adjust the angle so that the copy isn't poorly lighted or reflecting glare.

Heavy-duty computer users need to pay attention to the height of their monitor screen. According to McIntosh, the top of the screen should just about be level with your eyes when you look straight ahead. If the screen is higher or lower, tension can build up in the neck from straining to see the terminal.

Telephone users who must keep their hands free face hazards when they bend their neck to rest a phone on their shoulder. Assuming this posture for long periods—especially while typing or taking notes—can cause severe neck and shoulder tension. Two solutions come to mind: use a shoulder cradle on the handset or switch to a telephone headset.

A shoulder cradle attaches to your

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HOW LONG BEFORE YOUR DIARRHEA MEDIC

phone to cushion the space between your head and shoulder. The cradle allows you to talk hands-free without bending your neck severely. Cradles are a good solution for workers who spend long periods on the phone, but not the majority of their day.

If you spend most of your day tied to the phone, a headset offers the better solution. There are different types of headsets. Some are worn inside the ear, some have a small wire to hand over one ear, some are worn on both ears like headphones.

"Workers should have some choice in the kind of headsets they use," Lueder says. "Some people need headsets that are easy to put on and off because they have to move around [the office] frequently."

Before choosing a headset, test the device out in the environment in which you'll be using it. Make sure you can hear callers above the loudest noise you're likely to encounter in your work area. Also make sure the headset comes with a volume control. If the headset is too loud, it could damage your hearing; too soft, and you'll be straining to hear.

Even with the best of setups, you need to take frequent breaks.

THE EMF FLAP

Some of the health concerns in the office have less to do with pain today than with illness tomorrow. One potential problem in particular stands out: electromagnetic fields (EMFs).

EMFs are a form of radiation emitted by computer monitors (and many other electrical devices). Some researchers argue that repeated exposure to EMFs can cause cancer, birth defects, and other health problems.

The idea isn't without controversy, however. "There just isn't hard science on a lot of this stuff," argues Mark Stuart of the National Association of Manufacturers. At this point, the judgment of most scientists is that the intensity of EMFs from computer monitors is nothing to worry about.

If you remain worried about potential hazards of EMFs, you can take several precautions:

- Try to sit at least an arm's length from your monitor. (EMFs decrease rapidly with increased distance.) Sitting farther away may necessitate using a larger screen if one is available. At least be sure that your vision is properly corrected for the distance you choose.
- Avoid sitting near the sides or rear of computer monitors. Most units emit higher levels of EMFs from these areas than from the front.
- Use a monitor designed to emit lower EMFs (this isn't an option for most employees). To find such monitors, check with your computer dealer or look through the manufacturer's product literature. Another avenue: watch for reviews of monitors in computer magazines.

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HEALTH UPDATE

MEDICAL NEWS YOU CAN USE

Banish baby walkers, child groups say



A group of child advocacy organizations is calling on the government to ban baby walkers. Each year, 29,000 infants are taken to emergency rooms with injuries blamed on walkers. Among the most common injuries: burns, fractures, cuts, and knocked-out teeth.

The group—which includes the National Safe Kids Campaign, the Consumer Federation of America, and the American Academy of Pediatrics—petitioned the Consumer Products Safety Commission to stop the sale of the walkers. The government agency refused the initial petition, but will consider studying the issue.

According to the petitioners, walkers are unsafe even in homes equipped with baby gates. Further, walkers don't promote earlier walking, so there is little reason to use them. Instead, the organizations recommend that parents use infant seats, swings, and play yards.

Knuckle cracker news

Mom and Dad were wrong: knuckle cracking won't lead to joint damage. X rays of habitual crackers show no changes in the affected parts, says joint specialist Walter Barr, M.D., of Loyola University in Chicago. The popping sound is the bursting of tiny gas bubbles created by pressure on joint fluid. So go ahead, crackers; annoy the heck out of everyone within earshot!



A DANGEROUS 1–2 DRUG PUNCH

Two widely used prescription drugs make a bad combination, according to new research. One is an allergy medicine called terfenadine, sold under the brand name Seldane. The other drug, ketoconazole, is used to fight skin infections, particularly when the nails are involved. Taken together, these drugs can spark potentially fatal changes in heart rhythm.

A research team headed by Peter Honig, M.D., of the Uniformed Services University of the Health Sciences, in Bethesda, Maryland, studied the effects of the drug combination in healthy volunteers. When taking both drugs, the volunteers showed changes in their heart functions that lasted up to three days after they stopped taking the medications.

If you are taking Seldane, be sure to let your doctor and pharmacist know about it before accepting any other prescriptions. In fact, that's good advice for anyone taking prescribed medication.

continued on page 43


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continued from page 40

Battling the nursing home blues

Depression is one of the most common treatable health ailments of the elderly. But many nursing home residents don't get the needed treatment.

Researchers at Penn State University uncovered the problem in a study. Michael Smyer, Ph.D., and Dennis Shea, Ph.D., found that only 19 percent of nursing home residents have had even a single session with a psychiatrist or other mental health worker. Yet, more than 50 percent have a mental health problem that could benefit from treatment.

The Nursing Home Reform Act of 1987 requires nursing homes to provide treatment to residents with mental health problems. If you know someone who could benefit from such treatment, talk things over with the nursing home director. Or, call the Mental Health Law Project (202/467-5730) to obtain low-cost literature explaining the 1987 law.

SPORTS HELP SNUFF OUT SMOKING AMONG TEENS



Teens who participate in interscholastic sports are less likely to be regular or heavy smokers than their couch-potato classmates.

A study of 11,631 students was led by Luis G. Escobedo, M.D., of the Centers for Disease Control and Prevention in Atlanta. Seventy-two percent of students reported smoking at least once. One-fifth (20 percent) of all students surveyed reported that they smoked regularly.

As a student's participation in sports increased, the likelihood the student smoked declined. Among students playing one sport, 18 percent smoked regularly. For students participating in two sports, the figure fell to 14 percent. And among youngsters in three or more sports, only 11 percent said they were regular smokers.

Why the falloff? According to the researchers, no single answer arises. They speculate that sports participation may make kids more resistant to peer pressure, or that kids view smoking as harmful to performance, or that it reflects the increased guidance of adults.

Don't cut off vasectomies, say experts

The possible link between vasectomies and prostate cancer, suggested by two recent studies, shouldn't turn men away from the birth control surgery. That's the finding of an expert panel set up by the National Institutes of Health. Other studies have shown no link, note panel members, and even the strongest evidence is weak.

Twenty percent of men over age 35 has had a vasectomy. The panel recommends that:

- Doctors continue to offer the surgery, after providing the patients with information about the benefits and risks of the procedure, and the odds of unintended pregnancy.
- Vasectomies not be reversed solely to prevent prostate cancer.
- Screening for prostate cancer not change on the basis of whether a man has had a vasectomy. BH&G

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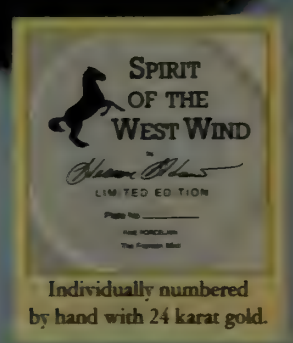
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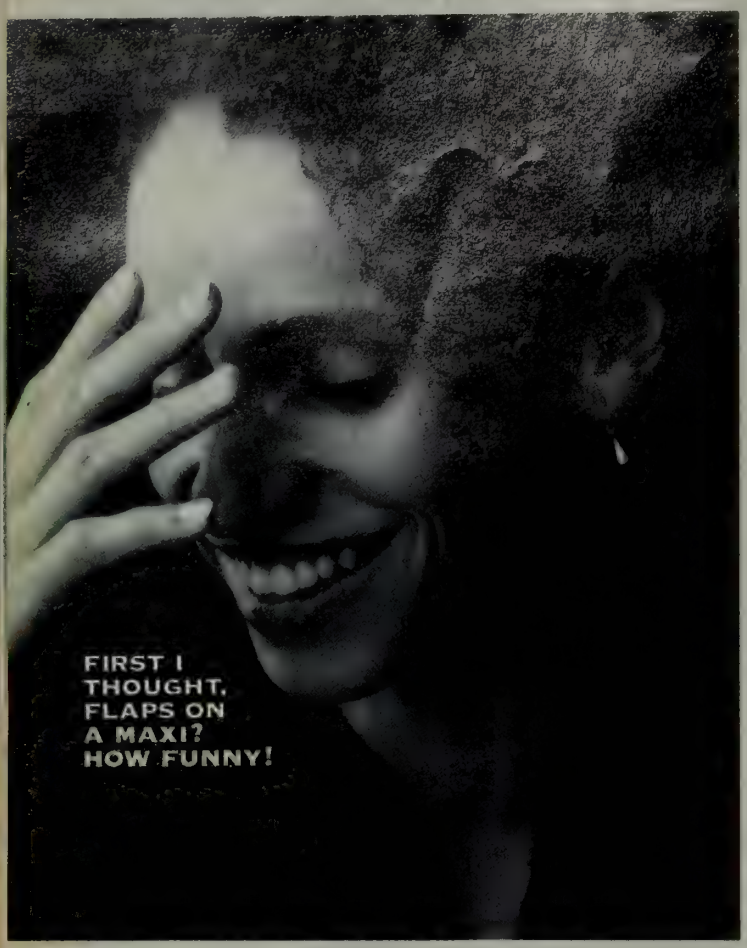
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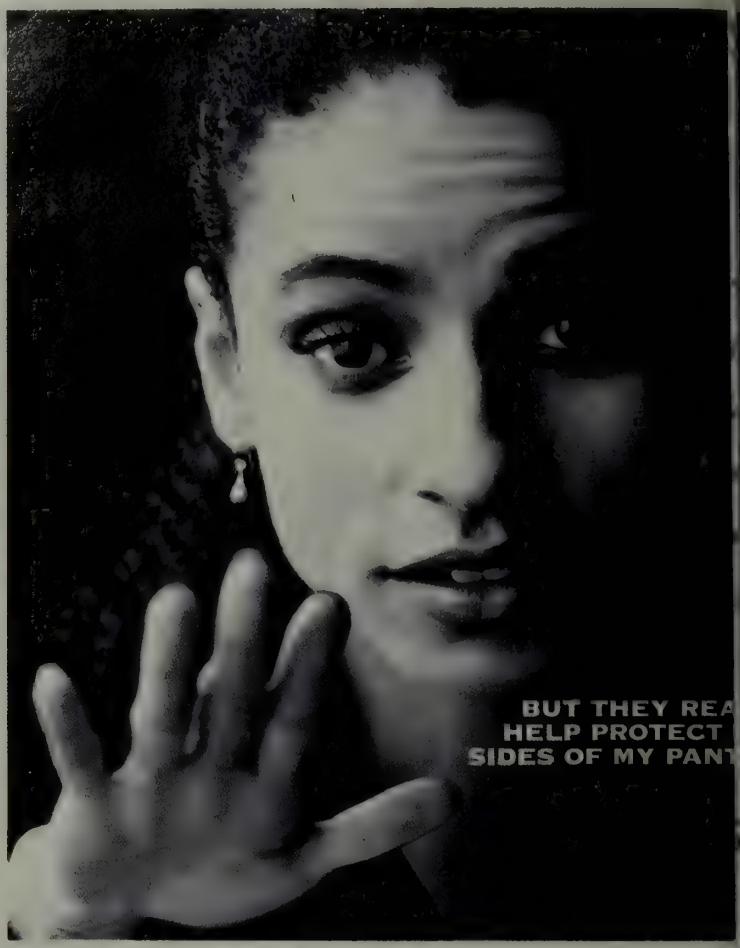
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HEALTH

HOTLINES TO GOOD HEALTH

Answers to many of your most perplexing medical questions are as close as your telephone. These help lines—most are toll free—are staffed by folks trained to help you get the information you need. Where available, we've also listed TTY/TDD lines for deaf callers.

AIDS

National AIDS Hotline. 800/342-2437, 24 hours. In Spanish, 800/344-7432, 8 a.m.–2 a.m. ET every day except holidays. TDD, 800/243-7889, Monday–Friday, 10 a.m.–10 p.m. ET. General information on AIDS.

ADOPTION

National Adoption Center. 800/862-3678. In Pennsylvania, 215/735-9988. 9 a.m.–5 p.m. ET. Answering service 24 hours. Promotes adoption nationwide, with emphasis on children with special needs.

AGING

National Council on Aging. 800/424-9046. 9 a.m.–4:30 p.m. ET. Information and printed materials on a variety of topics, including family caregivers, senior employment, and long-term care.

ALCOHOLISM/DRUG ABUSE

Alcohol and Drug Helpline. 800/821-4357. In Utah, 801/272-4357. 24 hours. Provides referrals to local facilities where adolescents and adults can seek help.

National Clearinghouse for Alcohol and Drug Information. 800/729-6686. For TTY/TDD, 800/487-4889. 8 a.m.–8 p.m. ET. Offers government publications on prevention and education geared to the general public.

ALZHEIMER'S DISEASE

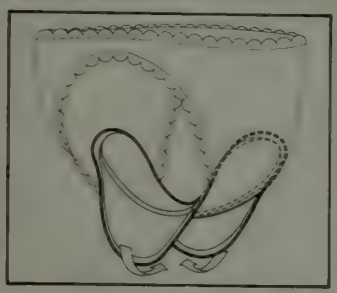
Alzheimer's Disease Association. 800/272-3900. TDD, 312/335-8882. 24 hours. Answers questions and provides referrals to local chapters and support groups.

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CANCER

Cancer Information Service. 800/422-6237. 9 a.m.–10 p.m. ET. Answers questions about cancer. Spanish-speaking staff available.

Y-Me National Breast Cancer Organization. 800/221-2141. 9 a.m.–5 p.m. CT. Provides breast cancer patients with presurgery counseling, treatment information, peer support, and other services.

CHILD ABUSE

National Child Abuse Hotline. 800/422-4453. 24 hours. Provides crisis intervention and professional counseling on child abuse. Offers referrals to local agencies. Supplies literature in English and Spanish.

FOOD SAFETY

Meat and Poultry Hotline. 800/535-4555. 10 a.m.–4 p.m. ET. Offers safety tips on handling, preparing, and storing meat, poultry, and eggs.

INCONTINENCE

Simon Foundation for Incontinence. 800/237-4666. 24 hours. Answers questions and provides information and publications on incontinence. Tells how to order a quarterly newsletter.

LUNG ILLNESSES

Lung Line/National Asthma Center. 800/222-5864. 8 a.m.–5 p.m. MT. Registered nurses answer questions about asthma, allergies, and other lung disorders.

MENTAL HEALTH

Grief Recovery Institute. 800/445-4808. 9 a.m.–5 p.m. PT. Provides counseling on coping with loss.

National Mental Health Association. 800/969-6642. 9 a.m.–5 p.m. ET. Makes referrals to mental health groups. Offers educational brochures.

NUTRITION

American Dietetic Hotline. 800/366-1655. 9 a.m.–4 p.m. ET. Dietitians answer questions related to nutrition. A recorded message is available 24 hours a day.

RARE DISORDERS

National Organization for Rare Disorders. 800/999-6673. In Connecticut, 203/746-6518. 9 a.m.–5 p.m. ET. (Answering machine lets callers leave messages after hours.) Offers information on rare disorders and associated organizations.

VENEREAL DISEASES

CDC National STD Hotline. 800/227-8922. 8 a.m.–11 p.m. ET, Monday–Friday. Information on sexually transmitted diseases and referrals to local clinics offering low-cost or free examinations and treatment.

VISION

American Council of the Blind. 800/424-8666. 3 p.m.–5:30 p.m. ET. In the District of Columbia, 202/467-5081, 9 a.m.–5:30 p.m. Provides information on blindness, and offers scholarships. Also publishes resource lists and a monthly magazine. Leave a message after hours.

WOMEN'S HEALTH

Endometriosis Association. 800/992-3636. In Wisconsin, 414/962-8972. 24 hours. Will send information on request.

PMS Access. 800/222-4767. 9 a.m.–5 p.m. CT. Provides information, literature, and counseling on premenstrual syndrome. Offers referrals to local doctors and clinics. BHG



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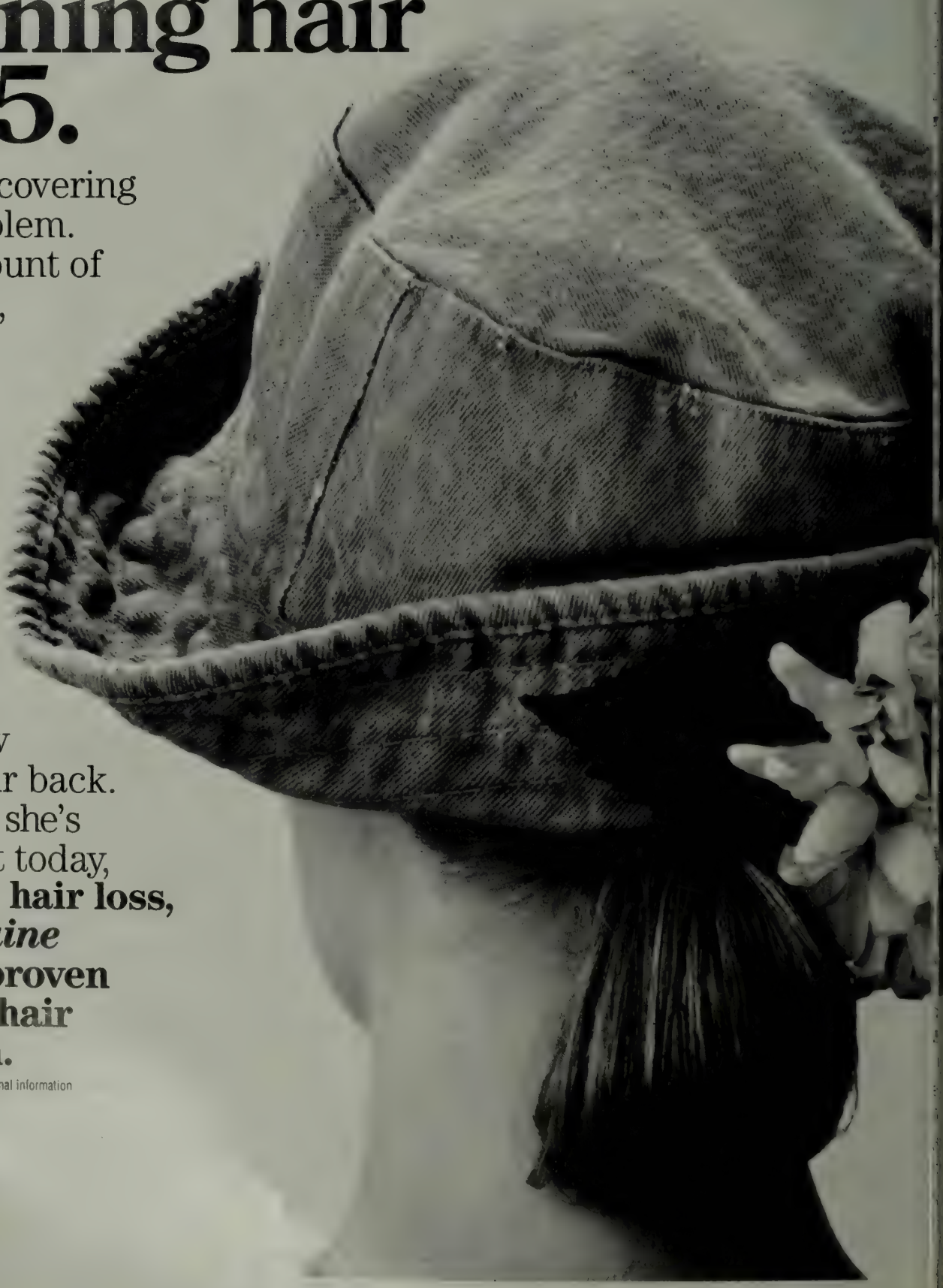
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Lois never thought she'd have thinning hair at 25.



She's been covering up the problem. But no amount of blowdrying, gelling, moussing, twisting, no ribbon, no scarf, no bow, no clip can do the one thing she truly wants: grow her own hair back. Fortunately, she's learned that today, **for diffuse hair loss, Only *Rogaine* has been proven to regrow hair for women.**

See adjacent page for important additional information

Hair loss is hard for a woman to cope with at any age. At least you're not alone. Over 20 million women share your problem. Fortunately, there's hope. Because it is possible to regrow your hair, with *Rogaine*® Topical Solution (minoxidil 2%).

Hair grows in cycles. *Rogaine* works in part by prolonging the growth cycle. With more hairs growing longer and thicker at the same time, you may see improved scalp coverage.

Dermatologists conducted 8-month clinical tests. Nineteen percent of women using *Rogaine* reported at least moderate hair regrowth, compared with 7% of those using a placebo (a similar solution without minoxidil, the active ingredient in *Rogaine*).

By physician evaluation, almost two of every three women using *Rogaine* had some hair regrowth: 13% had moderate regrowth and 50% had minimal regrowth. The rest (37%) had no regrowth. Thirty-nine percent of the women in the placebo group were also evaluated to have regrown hair.

However, when actual numbers of newly regrown hairs in the 1-cm² area of the test were counted after 8 months of treatment, the group on Rogaine *averaged more than twice as much regrowth (23 more hairs) as the placebo group (11 more hairs).* Individual results may vary.

As with other prescription drugs, studies have not been conducted in pregnant women treated with *Rogaine;* therefore, *Rogaine* should not be administered to pregnant or nursing women. Effectiveness in postmenopausal women has not been studied.

Side effects were minimal: 7% of those who used *Rogaine* had itching of the scalp. *Rogaine* should only be applied to a normal, healthy scalp (not sunburned or irritated).

Studies indicate that *at least 4 months of twice-daily treatment* with *Rogaine* are usually necessary before there is evidence of regrowth.

Rogaine is a treatment, not a cure. So further progress is only possible by using it continuously. Some anecdotal reports indicate that if you stop using it, you will probably shed the newly regrown hair within a few months. Try making *Rogaine* part of your daily regimen, just like brushing your teeth.

Why wait? Find out whether *Rogaine* is for you. Call **1-800-944-1116**. Today. We'll send you an informational brochure explaining all about the product and how to use it. And because only a doctor can prescribe *Rogaine,* we'll include a list of nearby *dermatologists or other doctors experienced in treating hair loss* and a $10 incentive to visit a doctor soon.

What is ROGAINE?
ROGAINE Topical Solution is a prescription medicine for use on the scalp that is used to treat a type of hair loss in men and women known as androgenetic alopecia: hair loss of the scalp vertex (top or crown of the head) in men and diffuse hair loss or thinning of the front and top of the scalp in women. ROGAINE is a topical form of minoxidil, for use on the scalp.

How effective is ROGAINE?
In men: Clinical studies with ROGAINE of over 2,300 men with male pattern baldness involving the top (vertex) of the head were conducted by physicians in 27 US medical centers. Based on patient evaluations of regrowth at the end of 4 months, 26% of the patients using ROGAINE had moderate to dense hair regrowth compared with 11% who used a placebo treatment (no active ingredient). No regrowth was reported by 41% of those using ROGAINE and 60% of those using a placebo. By the end of 1 year, 48% of those who continued to use ROGAINE rated their hair growth as moderate or better.

In women: Clinical studies with ROGAINE were conducted by physicians in 11 US medical centers involving 256 women with hair loss. Based on patient evaluations of regrowth after 32 weeks (8 months), 19% of the women using ROGAINE had at least moderate regrowth compared with 7% of those using a placebo. No regrowth was reported by 41% of the group using ROGAINE and 60% of the group using placebo.

How soon can I expect results from using ROGAINE?
Studies show that the response time to ROGAINE may differ greatly from one person to another. Some people using ROGAINE may see results faster than others; others may respond with a slower rate of hair regrowth. You should not expect visible regrowth in less than 4 months.

How long do I need to use ROGAINE?
ROGAINE is a hair-loss treatment, not a cure. If you have new hair growth, you will need to continue using ROGAINE to keep or increase hair regrowth. If you do not begin to show new hair growth with ROGAINE after a reasonable period of time (at least 4 months), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
Probably not. People have reported that new hair growth was shed after they stopped using ROGAINE.

How much ROGAINE should I use?
You should apply a 1-mL dose of ROGAINE twice a day to your clean dry scalp, once in the morning and once at night before bedtime. Wash your hands after use if your fingers are used to apply ROGAINE. ROGAINE must remain on the scalp for at least 4 hours to ensure penetration into the scalp. Do not wash your hair for at least 4 hours after applying it. If you wash your hair before applying ROGAINE, be sure your scalp and hair are dry when you apply it. *Please refer to the Instructions for Use* in the package.

What if I miss a dose or forget to use ROGAINE?
Do not try to make up for missed applications of ROGAINE. You should restart your twice-daily doses and return to your usual schedule.

What are the most common side effects reported in clinical studies with ROGAINE?
Itching and other skin irritations of the treated scalp area were the most common side effects directly linked to ROGAINE in clinical studies. About 7 of every 100 people who used ROGAINE (7%) had these complaints.

Other side effects, including light-headedness, dizziness, and headaches, were reported both by people using ROGAINE and by those using the placebo solution with no minoxidil. You should ask your doctor to discuss side effects of ROGAINE with you.

People who are extra sensitive or allergic to minoxidil, propylene glycol, or ethanol should not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes or sensitive skin areas. If ROGAINE accidentally gets into these areas, rinse the area with large amounts of cool tap water. Contact your doctor if the irritation does not go away. If the spray applicator is used, avoid inhaling the spray.

What are some of the side effects people have reported?
ROGAINE was used by 3,857 patients (347 females) in placebo-controlled clinical trials. Except for dermatologic events (involving the skin), no individual reaction or reactions grouped by body systems appeared to be more common in the minoxidil-treated patients than in placebo-treated patients.

Dermatologic: irritant or allergic contact dermatitis—7.36%. **Respiratory:** bronchitis, upper respiratory infection, sinusitis—7.16%. **Gastrointestinal:** diarrhea, nausea, vomiting—4.33%. **Neurologic:** headache, dizziness, faintness, light-headedness—3.42%. **Musculoskeletal:** fractures, back pain, tendonitis—2.59%. **Cardiovascular:** edema, chest pain, blood pressure increases/decreases, palpitations, pulse rate increases/decreases—1.53%. **Allergic:** nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, and sensitivity—1.27%. **Metabolic-Nutritional:** edema, weight gain—1.24%. **Special Senses:** conjunctivitis, ear infections, vertigo—1.17%. **Genital Tract:** prostatitis, epididymitis, vaginitis, vulvitis, vaginal discharge, itching—0.91%. **Urinary Tract:** urinary tract infections, renal calculi, urethritis—0.93%. **Endocrine:** 0.47%. **Psychiatric:** anxiety, depression, fatigue—0.36%. **Hematologic:** lymphadenopathy, thrombocytopenia—0.31%.

ROGAINE use has been monitored for up to 5 years, and there has been no change in incidence or severity of reported adverse reactions. Additional adverse events have been reported since marketing ROGAINE and include eczema, hypertrichosis (excessive hair growth), local erythema (redness), pruritus (itching), dry skin, scalp flaking, sexual dysfunction, visual disturbances, including decreased visual acuity (clarity); increase in hair loss; and alopecia (hair loss).

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Serious side effects have not been linked to ROGAINE in clinical studies. However, it is possible that they could occur if more than the recommended dose of ROGAINE was applied, because the active ingredient in ROGAINE is the same as that in minoxidil tablets. These effects appear to be dose related, that is, more effects are seen with higher doses.

Because very small amounts of minoxidil reach the blood when the recommended dose of ROGAINE is applied to the scalp, you should know about certain effects that may occur when the tablet form of minoxidil is used to treat high blood pressure. Minoxidil tablets lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to fluid retention and faster heart rate. The following effects have occurred in some patients taking minoxidil tablets for high blood pressure:

Increased heart rate: some patients have reported that their resting heart rate increased by more than 20 beats per minute.
Salt and water retention: weight gain of more than 5 pounds in a short period of time or swelling of the face, hands, ankles, or stomach area.
Problems breathing, especially when lying down, a result of a buildup of body fluids or fluid around the heart.
Worsening or new attack of angina pectoris: brief, sudden chest pain.

When you apply ROGAINE to normal skin, very little minoxidil is absorbed. You probably will not have the possible effects caused by minoxidil tablets when you use ROGAINE. If, however, you experience any of the possible side effects listed above, stop using ROGAINE and consult your doctor. Any such effects would be most likely if ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in much larger amounts than would be absorbed from topical use (on skin) in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given minoxidil tablets for high blood pressure at effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
People with a known or suspected heart condition or a tendency for heart failure would be at particular risk if increased heart rate or fluid retention were to occur. People with these kinds of heart problems should discuss the possible risks of treatment with their doctor if they choose to use ROGAINE.

ROGAINE should be used only on the balding scalp. Using ROGAINE on other parts of the body may increase minoxidil absorption, which may increase the chances of having side effects. You should not use ROGAINE if your scalp is irritated or sunburned, and you should not use it if you are using other skin treatments on your scalp.

Can people with high blood pressure use ROGAINE?
Most people with high blood pressure, including those taking high blood pressure medicine, can use ROGAINE but should be monitored closely by their doctor. Patients taking a blood pressure medicine called guanethidine should not use ROGAINE.

Should any precautions be followed?
People who use ROGAINE should see their doctor 1 month after starting ROGAINE and at least every 6 months thereafter. Stop using ROGAINE if any of the following occur: salt and water retention, problems breathing, faster heart rate, or chest pains.

Do not use ROGAINE if you are using other drugs applied to the scalp such as corticosteroids, retinoids, petrolatum, or agents that might increase absorption through the skin. ROGAINE is for use on the scalp only. Each 1 mL of solution contains 20 mg minoxidil, and accidental ingestion could cause unwanted effects.

Are there special precautions for women?
Pregnant women and nursing mothers should not use ROGAINE. Also, its effects on women during labor and delivery are not known. Efficacy in postmenopausal women has not been studied. Studies show the use of ROGAINE will not affect menstrual cycle length, amount of flow, or duration of the menstrual period. Discontinue using ROGAINE and consult your doctor as soon as possible if your menstrual period does not occur at the expected time.

Can ROGAINE be used by children?
No, the safety and effectiveness of ROGAINE has not been tested in people under age 18.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

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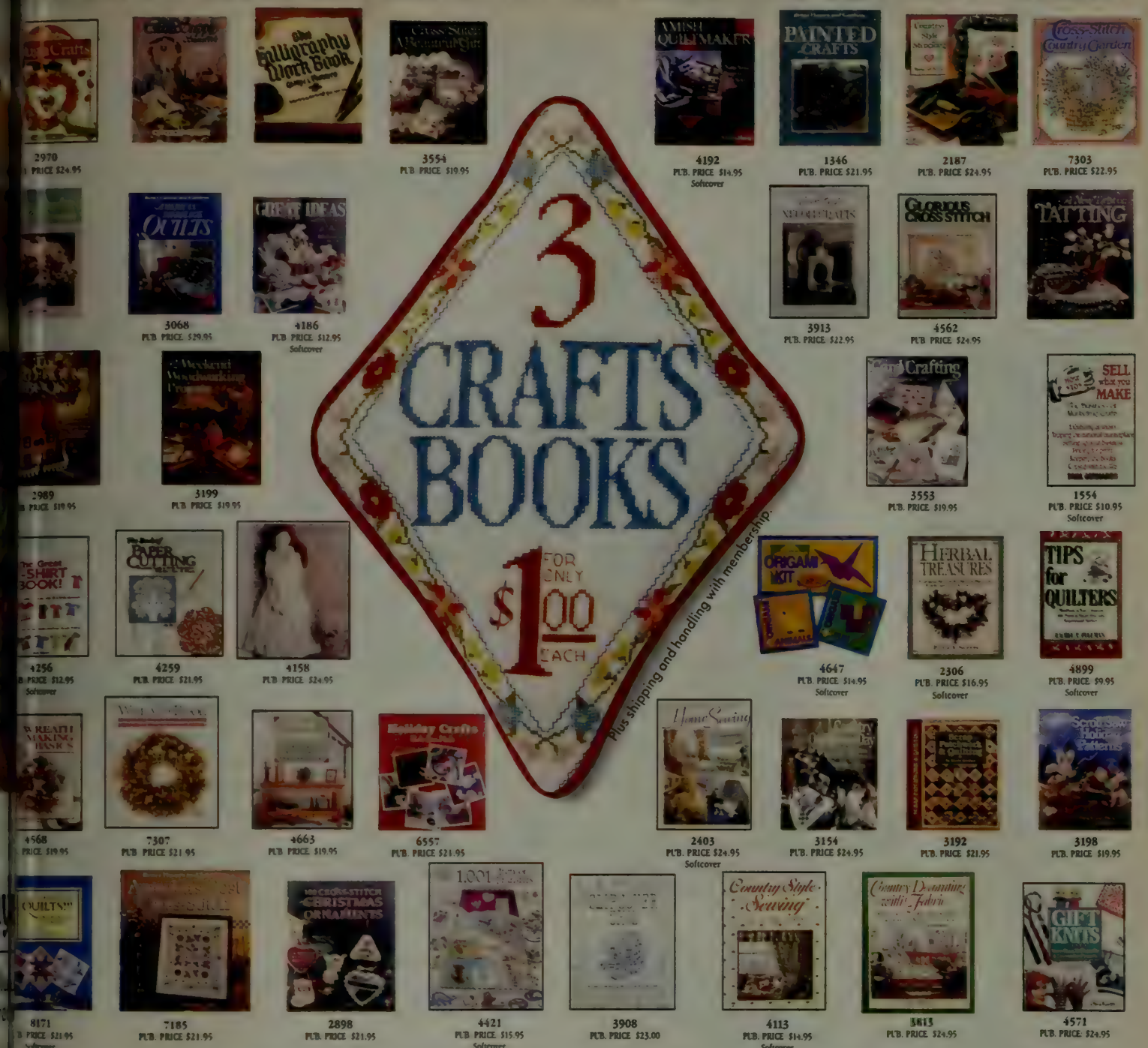
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BEST-BET BREAKFASTS



You're right on target if breakfast is the most important meal of your day. However, almost as important as *whether* you eat breakfast is *what* you eat.

LIGHTER FAVORITES

Many breakfast basics have lightened up, losing calories and fat. While it's still OK to *occasionally* eat the regular versions of such favorites as bacon and eggs, try making these lower-fat, new choices the routine.

Turkey bacon or Canadian-style bacon: Turkey bacon is less crispy than traditional pork bacon, but try it cooked and crumbled in recipes to add a smoky flavor. If you want a piece of meat alongside eggs and toast, serve Canadian-style bacon.

Extra-lean pork hams or turkey hams: When 90% lean or more, these are both smart options for breakfast meats. Their fat and calorie contents are similar.

Lower-fat pork sausage and turkey sausage: Turkey sausage is still relatively high in fat, but lower than pork. That may change soon, because low-fat pork sausage products are already available in certain regions of the country. Until these products reach your area, eat sausage only occasionally. Eliminate some fat by draining it on paper towels.

Egg substitutes and fresh egg whites: Egg substitutes work well in most breakfast egg dishes. Those made from egg whites have fewer calories than regular egg dishes and no fat or cholesterol. One egg product, Simply Eggs, contains some egg yolk (and fat), but has 80% less cholesterol. It tastes much like regular eggs. You can also make your own low-cholesterol egg dishes at home by substituting two egg whites for some of the whole eggs. Some newly developed in-the-shell eggs tout nutritional benefits over regular eggs, but, at this time, the differences do not merit spending the extra money. Just for the record, there's no nutritional difference between brown eggs and white eggs.

High-fiber breakfast cereals: Oat, wheat, and rice cereals vary greatly in their nutrition content. Read the labels and opt for cereals that have at least 2 grams of fiber and less than 2 grams of fat per serving. (Cereals with nuts are higher in fat.) Serve cereals with low-fat or skim milk.

Whole-grain breads: Fill your breakfast basket with whole-grain rolls or toast. Whole wheat, bran, multi-grain, pumpernickel, and rye are just a few of the healthful, higher-fiber options on bakery shelves. Bagels, toast, English muffins, and plain yeast rolls have the least amount of fat.

Pancakes, waffles, and French toast: Of these hot breakfast favorites, pancakes are the lowest in fat. However, all three can act like fat sponges if coated with butter. For that reason, use low-fat spreads. Or, skip the margarine or butter and use a butter-flavored syrup. To add fiber, substitute some whole-grain flour in pancakes and waffles or try using whole wheat bread for French toast.

TAKE ADVANTAGE OF BREAKFAST

Studies continue to show that breakfast benefits our overall health and well-being. Here's what it can do for you:

- **Better performance.** Breakfast eaters have a more positive attitude toward work or school, and they perform better. A recent study in Boston showed that children who started eating breakfast raised their test scores significantly and were late or absent from school less often.
- **Better overall nutrition.** Kids who eat breakfast are more likely to get the nutrients their bodies need. A landmark study in Louisiana found that children who skipped breakfast rarely met even two-thirds of the daily requirements for most minerals and vitamins.
- **Better weight control.** Breakfast revs up your body's metabolic rate first thing in the morning, burning calories faster than if you'd skipped a morning meal. The result? Breakfast eaters maintain their weight easier than skippers, who may find themselves adding pounds.
- **A healthier heart.** Breakfast skipping may be related to increased blood cholesterol levels, a risk factor that can lead to the development of coronary heart disease.

BY JULIA MALLOY



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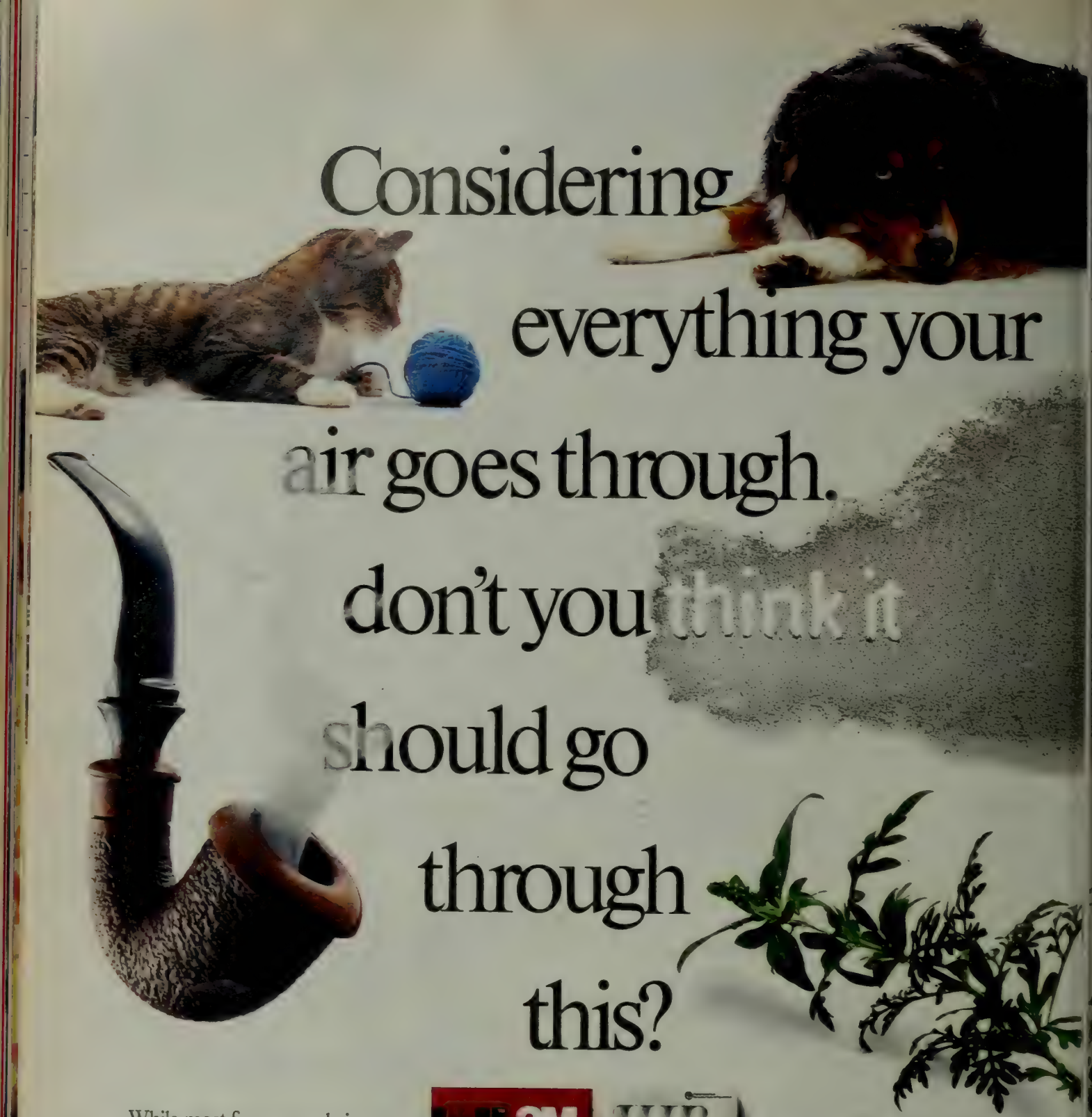
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all-American crafts

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star and bead welcome

Wooden stars and purchased beads trim a pine welcome sign. The cutouts and painting are both quite simple, but when you put them together, this greeting is a dazzler.

Instructions begin on page 70.



PHOTOGRAPHS: PERRY STRUSE. DESIGN CREDITS, SEE PAGE 112

buffalo pull toy

Our pull-along bison isn't just home on the range. It'll lay claim to a spot most anywhere in your home as a sculptural piece, or it can tag behind your favorite tot. Its shape comes from layers of wood that are sandwiched together. Simple sponge painting gives the mane a furry look.



all-American dolls

Salute your doll-making skills with these long and lean American beauties. Shortcut techniques make the crafting easy. Dowels fill the limbs, trimming stuffing time to a fraction. Hair and trims hot-glue in place, and the faces are drawn on.

1857 cross-stitch sampler

A talented woman stitched this sampler 135 years ago, stitching her name and the date for posterity's sake. We've adapted her stitchery to today's fabrics. Duplicate her delicate alphabet and rambling border exactly, or sign your own name and date.

Instructions begin on page 70.





all-American crafts



denim bear and woodburned stars

What's more American than a lovable teddy? Our denim guy, with a fringed bandanna and canvas paws, suggests times gone by. Nostalgic star-shaped ornaments cut from plywood sport woodburned details, stylized painting, and a light coat of antiquing.

schoolhouse quilt

Bold and graphic, the bright red houses on a crisp white ground find a home in contemporary or country settings. Hand-stitched hearts on the roofs and as doorknobs add a loving touch to this American classic.

stars and stripes painted plate

An abstract design of stars and bars gives a glorious look to a plain wooden plate. Use lead-free paint and a nontoxic finish for safe food service, then display your plate with patriotic pride.

Instructions begin on page 70.



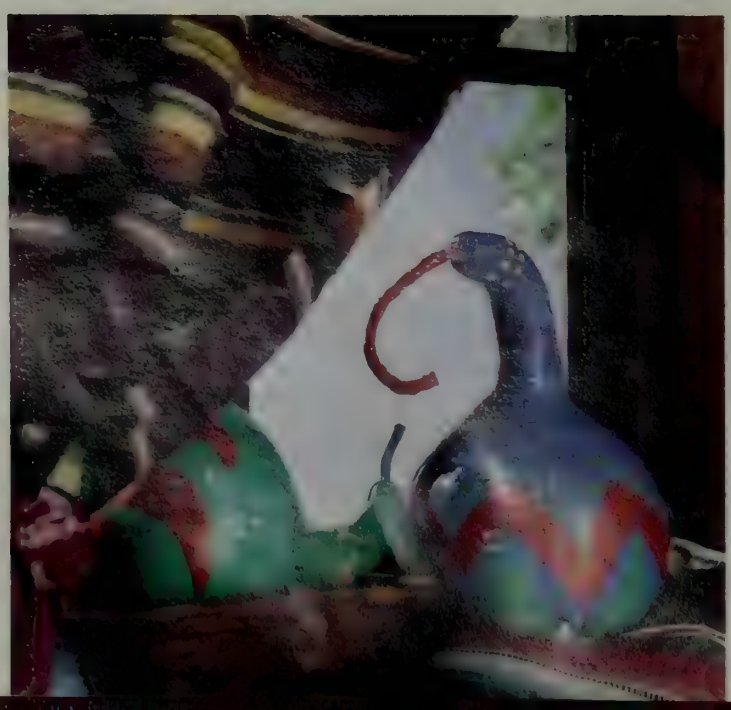
all-American crafts



Indian corn ladder and folk-art horses

Richly hued ears of dried corn shape an a-maize-ingly simple wall hanging. Knot twine above and below each ear, adding rows to reach your desired length. Leave 2–4 inches between each row.

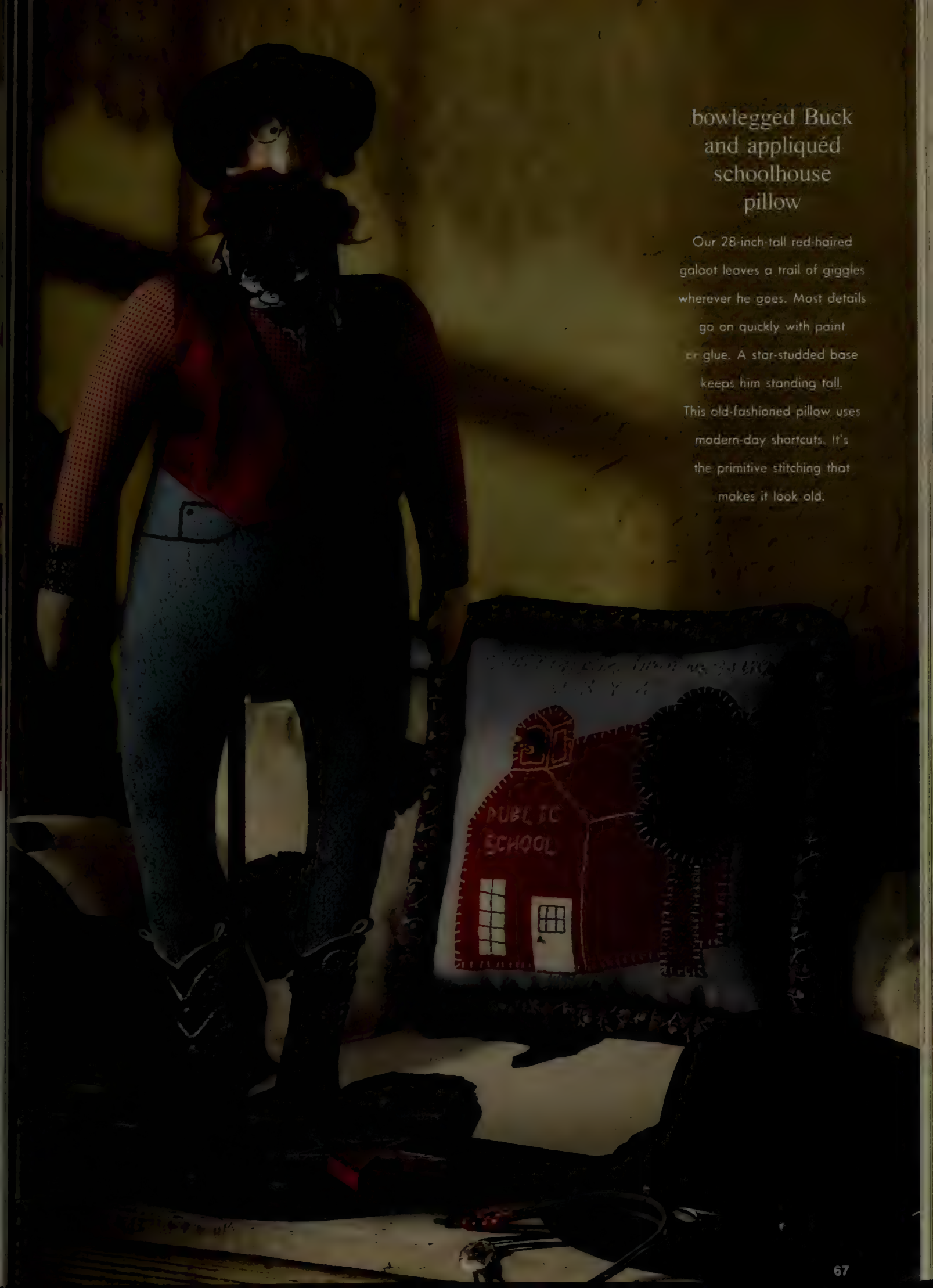
Primitive ponies filled with sawdust playfully galloped in the hands of pioneer children. Our replicas, cut from old wool, will prance into your heart as a down-home decoration or child's toy.



painted gourds

A dried crookneck gourd and a papier-mâché copy flaunt the clear, bright colors of the desert Southwest. Paint on zigzags, swirls, stripes, and dots using paints left over from previous projects. Look to Native American arts for more pattern ideas. A thin coat of varnish protects the designs.

Instructions begin on page 70.



bowlegged Buck and appliquéd schoolhouse pillow

Our 28-inch-tall red-haired galoot leaves a trail of giggles wherever he goes. Most details go on quickly with paint or glue. A star-studded base keeps him standing tall. This old-fashioned pillow uses modern-day shortcuts. It's the primitive stitching that makes it look old.

all-American crafts



stars and stripes jacket

Proudly display your patriotic spirit with a star-spangled denim jacket. Fuse or appliqué the red stripes and blue block securely in place; then, iron on gold lamé stars. Seal the edges with dimensional paints. If denim is just not your style, work the same design on sweatshirts, tote bags, or wall hangings.



machine-appliquéd buffalo pillow

Chambray and chamois join textures and colors in a pillow with 3-D trims. The key to the well-worn look is the mix of materials. A discarded skirt yielded the chambray. The chamois came from an automotive store. Ordinary fabric dye colors the hide, giving it a mottled look.

Instructions begin on page 70.

Buying information, see page 85.

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ALL AMERICAN CRAFTS

continued from page 68

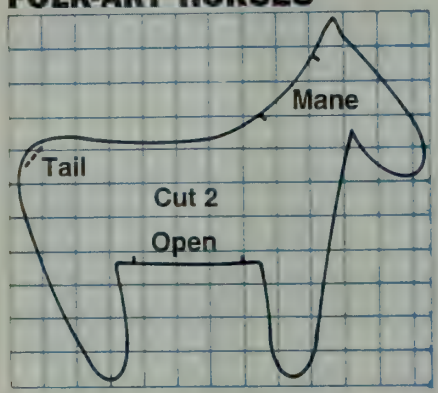
FOLK-ART HORSES, page 66

Materials: 14×28-in. wool fabric; 2 yd. wool yarn for mane and tail; sawdust or polyester fiberfill.

Instructions: Finished size approximately 10½ in. Sew with right sides together; pattern pieces include ¼-in. seam allowance.

Enlarge pattern (*below*) to scale. Cut 2 horse shapes; stitch together leaving opening. Clip curves; turn right side out. Stuff with sawdust or polyester fiberfill. Slip-stitch opening closed. Whipstitch yarn in place for mane and tail.

FOLK-ART HORSES



1 Square = 1 Inch

STARS AND STRIPES JACKET, page 68

Materials: Purchased denim jacket; 10×16-in. piece red print; 6×6-in. piece blue print ; 10×10-in. piece gold metallic fabric; iron-on adhesive such as Wonder Under or HeatnBond; gold glitter dimensional fabric paint.

Instructions: Finished motif size approximately 9×13 in. Enlarge pattern (*below right*) to scale; trace onto paper side of iron-on adhesive. Fuse shapes to wrong side of fabrics. Cut out shapes; position onto jacket. Fuse fabrics to jacket according to manufacturer's directions. Outline raw edge of each shape with gold glitter paint.

STARS AND STRIPES PAINTED PLATE, page 65

Materials: Purchased 14-in. wooden plate; red, white, blue, and mustard acrylic paints; antiquing stain; clear varnish or polyurethane.

Instructions: If needed, lightly sand plate. Wipe plate clean with damp cloth. Paint center of platter white. Paint border and back blue. Enlarge pattern (*below*) to scale or to size desired. Trace flag to center of white area. Paint field blue, shaded stripes red, and stars mustard. See photograph on *page 65* for detail. Paint again, if necessary. Paint 2×5/16-in. white stripes on border, centering at top, bottom, and sides. Border each white stripe with 1¾×5/16-in. red bands. Center and trace single star between each stripe motif; paint mustard. Antique as desired. Seal with varnish or polyurethane.

BUFFALO PILLOW, page 68

Materials: Two 11½×13-in. pieces denim; 18×18-in. piece each of gold and pink chamois; gold and pink fabric dye; 1¾ yd. ½-in. cord for piping; polyester fiberfill; silver beads for eyes and horn;; silver feather for tail; gold crimp beads for piping trim; iron-on adhesive such as Wonder Under or HeatnBond; matching thread.

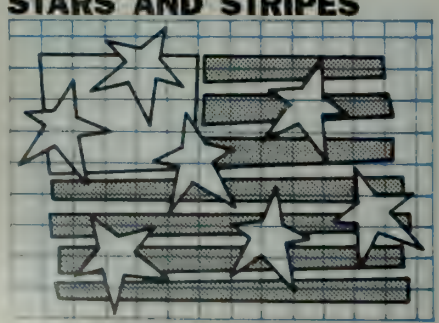
Instructions: Finished size approximately 10½×12 in. Enlarge pattern (*right*) to scale.

Soak chamois in water; wring dry. Dye damp chamois in sink according to manufacturer's directions until desired color is achieved. *Note:* Chamois will not dye evenly. Trace buffalo shapes onto iron-on adhesive. Using dry iron, fuse shapes to chamois following manufacturer's directions. Cut entire body and ear from pink; cut head, shoulders, and ear from gold; cut beard from contrasting shade of gold. On gold head and shoulder piece, make hole for eye using paper punch. Center body shapes onto 1 denim piece; fuse using press cloth and no steam. Caution: Steam may cause chamois to shrink and harden.

Topstitch around shapes. Fuse and topstitch beard in same manner. Fuse gold ear to wrong side of pink ear; topstitch around outside edge. Topstitch ear in place at top only.

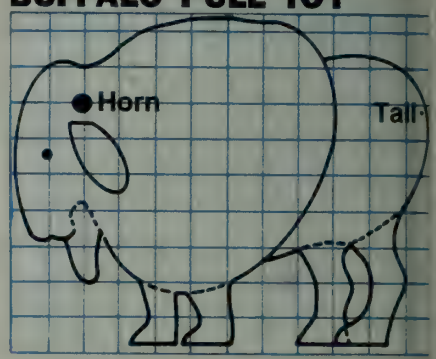
For piping, cut 2½-in.-wide strips of chamois to equal 52 in. Piece short ends together by overlapping and topstitching. Cover cord with chamois stitch to outside edge of pillow with ½-in. seam. Assemble into pillow. Braid nine 4×⅛-in. strips together, securing 1 end with wrapped thread; whipstitch other end to body. Trim with silver findings. Add gold crimp beads to piping.

STARS AND STRIPES



1 Square = 1 Inch for Jacket
1 Square = 1/2 Inch for Plate

BUFFALO PULL TOY



1 Square = 1 Inch for Pull Toy
1 Square = 3/4 Inch for Pillow

BUFFALO PULL TOY, page 62

Materials: 4-ft. piece 1×10 pine; 3-ft. piece ¼-in. hardboard; four ¼-in. washers; 16½-in. length ¼-in. dowel; 4-in.-long ½-in. dowel; acrylic paint in medium and dark brown, black, bone, red, yellow, and blue; matte finish spray varnish; ⅜-in. screw eye; white glue; 3×4-in. piece felt, suede or fake suede for ears; natural sisal for tail and pull string; large bead for pull string; sea sponge.

Instructions: Finished size approximately 9¼×11¾-in. *Note:* Shape is made by sandwiching different layers of wood. Use dotted and dashed lines for determining which body parts are cut with each layer. To make toy lighter in weight, cut out large ovals sections of middle body pieces; shoulder sections should cover these ovals.

Cutting: Cut entire body and beard from hardboard; do not include legs. Cut outer head and shoulders from hardwood; do not include beard. From pine, cut 1 body piece with forward legs (cut along dotted lines, leaving legs with dashed lines); do not cut beard. Cut remaining piece in same manner, cutting along dashed lines and leaving legs with dotted lines. *Note:* Back feet will overlap slightly, a

continued on page 7

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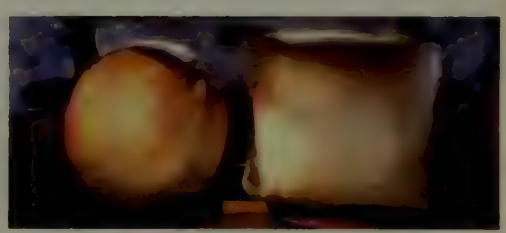
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HAVE YOU DRIVEN A FORD LATELY?

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ed on 1992 calendar year manufacturer's reported retail deliveries.

continued from page 70

shown by dotted line; do not cut on dotted foot line.

Cut four 3-in. wheels and 6½ × 12-in. base from remaining pine. Cut ears from felt.

Assembly: Glue and clamp leg pieces to center panel; let dry. Glue and clamp shoulder and head pieces into place; let dry. Drill ½-in.-diameter hole for horns. Drill holes for eyes and tail. Cut out small V-shaped notch in front of each hoof. Sand edges, rounding body slightly.

On base, cut 5/16 × 5/16-in. slot for axle 2 in. in from each short end. Drill ¼-in. holes in center of each wheel. Cut dowel in half; fit one dowel into each slot.

From hardboard, cut small slats to fit over axle slots; nail into place. Glue wheels to axles, sandwiching washer between base and wheel.

Paint buffalo medium brown. Let dry. Sponge-paint head and shoulders dark brown. Let dry. Lightly sponge-paint head and shoulders black.

Cut dowel for horns. Sharpen ends in pencil sharpener; sand off sharp point. Glue horns in place; paint horns with bone. Paint base blue. Paint flat surface of wheels red; paint edges yellow. Stencil or paint stars onto wheels and base according to photograph on *page 62*. *Note:* Star from Star and Bead Welcome (*page 76*) may be enlarged and used for star pattern. Glue eyes and ears in place. Insert screw eye in center front of base edge. Braid sisal to 24-in. length and tie to screw eye at 1 end and bead at pull end. Drill holes in base for hoof placement; screw into place.

DENIM BEAR, page 65

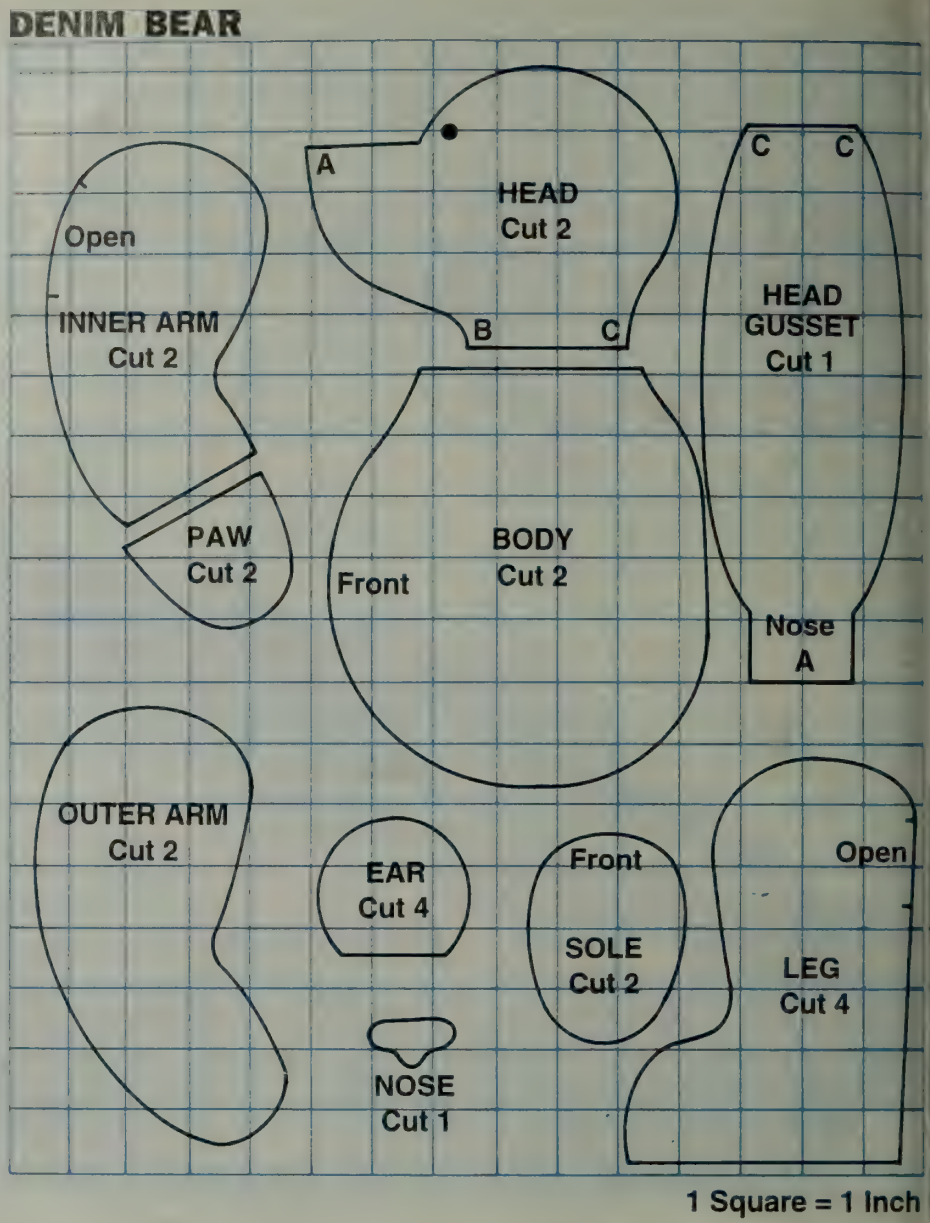
Materials: ¼ yd. 45-in.-wide blue denim for body; 5 × 7-in. piece ivory denim for paws and soles; 2 × 2½-in. piece tan leather or vinyl for nose; tan embroidery floss; two ½-in.-diameter brown buttons for eyes; polyester fiberfill; doll needle; buttonhole thread; 10 × 10-in. piece checked or print fabric for bandanna; tracing paper. *Note:* For best results, do not use stretch the denim.

Instructions: Finished size, approximately 10 in. Unless otherwise stated, sew with right sides together using ¼ in. seam allowances. Enlarge pattern (*above*) to scale; cut from appropriate fabrics. *Note:* Flop head, body, arm, and leg pattern pieces to form matching pairs.

Head: Join head pieces from nose A to chin B. Pin gusset to head pieces, centering at nose seam; stitch from A to C. Clip curves; turn. Stuff head firmly. *Note:* Unless otherwise stated, do all hand stitching with double length of buttonhole thread. Work running stitches around base of head. Pull thread to tighten; tie off.

Ears: Sew ears together in pairs, leaving bottom open. Turn; fold bottom edges in. Slip-stitch closed. Stitch ears to head, positioning as desired.

Face: Using 6 plies floss, work mouth in long straight stitches. Sew nose and button eyes to face. See *page 65* for detail.



Arms: Sew ivory paws to inner arm piecess at straight edges. Sew inner and outer arms together in pairs so paws face body, leaving open as indicated. Clip curves and turn; stuff firmly, sew opening closed.

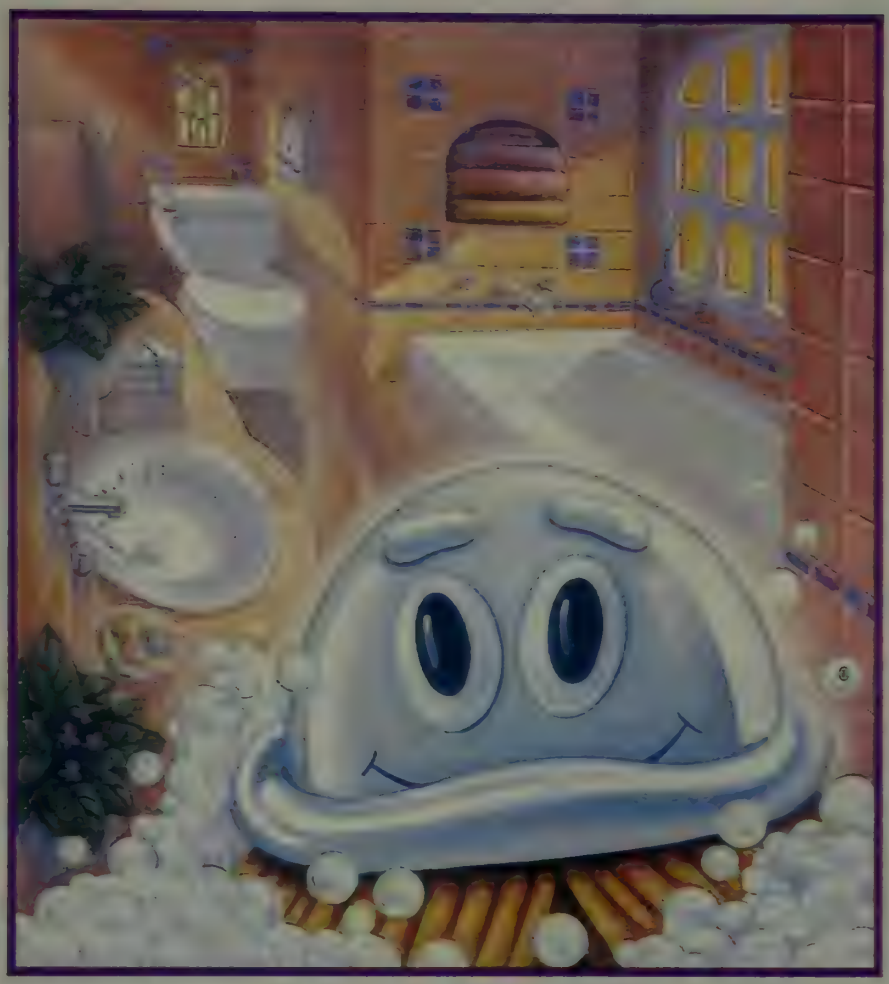
Legs: Sew legs together in pairs, leaving open at soles and as indicated on pattern. Sew soles to leg bottoms. Turn, stuff firmly, then sew the opening closed.

Body: Stitch body pieces together, leaving top open. Turn, stuff firmly. Fold top edge of body in ¼ in.; baste. Hand-sew head to body, matching front seams.

Assembly: Hand-sew legs and arms to body, positioning as desired.

Bandanna: Cut fabric in half diagonally. Topstitch ¼ in. from edge on all sides. Pull threads from edges to fray; tie bandanna around bear's neck.

continued on page 74



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ALL AMERICAN CRAFTS

continued from page 72

BOWLEGGED BUCK, page 67

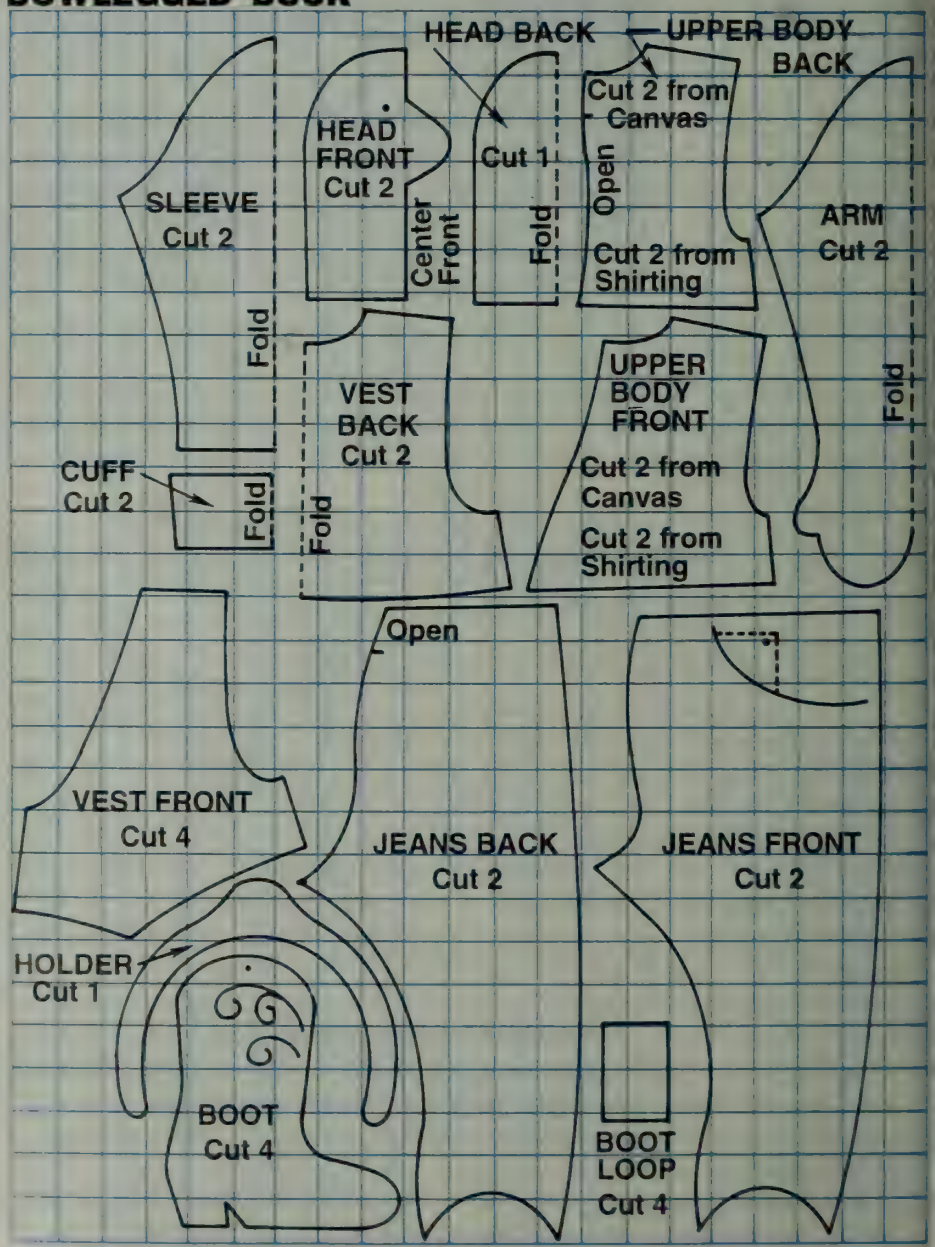
Materials: 45-in.-wide fabric in the following amounts and colors: ½ yd. canvas, ½ yd. denim, ¼ yd. shirting, ¼ yd. vest fabric and lining; scrap contrast fabric for cuff; 13×13-in. square bandanna fabric; iron-on adhesive such as Wonder-Under or Heatn-Bond; polyester fiberfill; black, red, and blue acrylic paints; black and silver glitter dimensional paints; 3 buttons for vest; 2 buttons for shirt; doll glasses; wool doll hair such as Curly Crepe; purchased hat; powder rouge; 7 ft. of rope; 2-ft. piece of 1×12 pine; ¾-in. dowel 20 in. long; rhinestones.

Instructions: Finished size approximately 28 in. tall. Unless otherwise stated, sew with right sides together; ¼-in. seam allowance included. *Note:* Body and clothing are stitched as one piece except vest.

Enlarge pattern (*below*) to scale. From canvas cut head front, head back, arm, boot, and boot loop. Fuse iron-on adhesive to shirt fabric. Cut sleeve from shirting; fuse to arm. Fuse shirting to canvas and cut out upper body back and upper body front. Fuse iron-on adhesive to cuff fabric. From denim, cut jeans front and jeans back. Cut vest front and vest back.

Body: Press under ¼ in. on long edges of each cuff. Place cuff over sleeve. Topstitch pressed edges of cuff to sleeve and arm. Stitch shirt fronts

BOWLEGGED BUCK



1 Square = 1 Inch

jeans fronts at waist in pairs. Repeat for shirt backs and jeans backs. Press boot loop in half lengthwise, wrong sides facing. Press in raw edges; topstitch. Fold in half to form loop. Press under ¼-in. on curved upper edge of boot. Baste loop to dot placement on boot. Place fold ¼ in. up from bottom edge of jeans front and back with toe of boot pointing outward.

Stitch center front seam from neck to crotch. Stitch center back seam from neck to crotch leaving opening. Stitch sleeves to shirt, easing in fullness. Beginning at hand, sew underarm, outer legs, around boot, and inside legs ending at other hand. Clip curves.

Stitch head center front seam. Stitch head front to head back. Clip curves. Turn. Stitch head to neck, matching side seams. Stuff firmly with poly-fill through back opening. Whipstitch opening closed.

Sew side seams of vest and lining. Stitch lining to vest, leaving shoulders open. Clip curves. Turn. Whipstitch shoulders together. Place on doll. Overlap center front. Sew buttons through all layers.

Paint boots black and detail with glitter paint. Paint black dots for eyes. Stitch 5-in. length doll hair directly under nose for mustache. Shape into handlebar mustache with fabric glue. Brush cheeks with powder rouge. Tack glasses to nose. Trim shirt with buttons. Narrow hem edges of bandanna. Fold in half diagonally. Tie around neck. Paint jeans front pocket detail as indicated on pattern with dashed line for right front only.

Stand: Cut 9¼-in. circle for base, holder, and and three 4½–6-in. stars from pine. Sand edges. Paint stars red and remaining pieces blue. Drill hole for dowel into base; glue in place. Attach holder to dowel in same manner. Secure with flat-head screws. Glue stars onto base. Outline base and stars with silver glitter paint and rhinestones.

ALL-AMERICAN DOLLS, page 63

Materials: *For each doll:* ½ yd. muslin for face; ½ yd. print for body (bodice); ½ yd. print for skirt; fabric scrap for shoes; 2×45-in. torn strip contrast fabric for sash; purchased doll hair; red and black fine-tipped permanent fabric markers; polyester fiberfill; water-erasable or fade-out marker; scrap ribbon or lace for neckline; trims as desired; two ½-in. dowels; 13-in.-long ⅛-in. dowel; hot-glue gun and clear glue sticks.

Instructions: Finished size, approximately 28 in. Unless otherwise stated, sew with right sides together using ¼-in. seam allowances. Enlarge pattern (*page 76*) to scale. Seam allowances are not included on pattern pieces. Seam allowances are included with other measurements. *Note:* Body, arms, and sash of Native American doll are made from dyed chamois. See Buffalo Pillow instructions (*page 70*) for dying instructions.

Trace pattens onto wrong side of double layer of appropriate fabrics. Cut pieces as follows, adding ¼-in. seam allowances to all sides: head and hands from muslin; body from print; feet from scrap. *Note:* Flop 2 hands and 2 feet. Cut four 1⅜ × 13-in. legs from muslin. Cut four 1⅜ × 7-in. arms from body fabric.

Cut ½-in. dowel to the following lengths: four 5-in. pieces for legs and four 2-in. pieces for arms.

continued on page 76

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ALL AMERICAN CRAFTS

continued from page 75

Body: Sew hand to end of each arm piece, flopping 2 hands to form pairs. Sew arms together in pairs, leaving open at top. Clip curves; turn. *Note:* Quick-turn tool or bodkin makes turning easier. Assemble legs and feet in same manner.

Note: Leg seams run down center front and center back; arm seams run down sides. Stuff feet with fiberfill to just above foot/leg seam. Insert 5-in. dowel. Add small amount of fiberfill; stitch across leg to form knee. Add small amount of fiberfill. Insert 5-in. dowel. Add fiberfill to within ½ in. of opening end. Baste across open end. Repeat for remaining leg, making sure knee seams match.

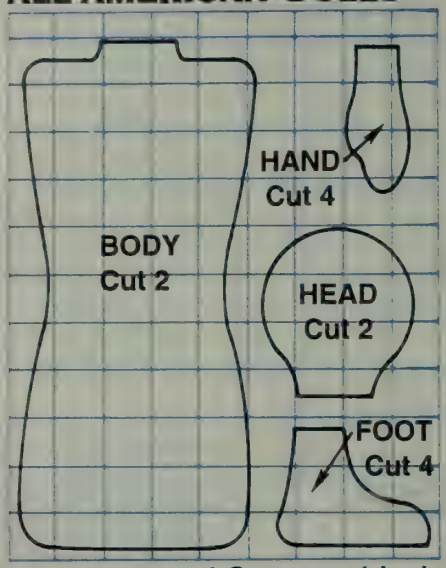
Lightly stuff hands to just above hand/arm seam. Topstitch to form fingers. Stuff arms with fiberfill and 2-in. dowels same as for legs, stitching across arms to form elbows.

Sew head to body. Pin arms to right sides of 1 body piece, aligning raw edges; keep remainder of arm free from seamlines. Sew body pieces together, leaving open at bottom. Clip curves and turn to right side. Turn under seam allowances of lower edge; baste. Stuff head half way. Insert ⅛-in. dowel. Stuff remainder of head and body. Pin leg tops to lower edge of body, encasing raw edges. Sew across lower edge.

Clothing: Cut skirt to measure 14 in. by width of fabric. Cut waistband to measure doll's waist plus ¾-in. by 1-in. Join short seams of skirt, leaving 2 in. open on 1 end. Stitch under seam allowances of opening. Narrowly hem opposite long edge. Gather remaining edge to fit waistband, having waistband seam allowance extend beyond opening on 1 end and seam allowances plus ¼ in. extend at other end. Sew skirt to waistband. Fold waistband with right sides together; sew across short ends. Turn to right side. Topstitch waistband, encasing gathers and raw edges. Fit skirt to doll; slipstitch ends of waistband together.

Finishing: Glue hair to doll and style as desired. Draw face onto doll with permanent fabric markers. Tie sash around waist. Add trims and embellishments as desired. For crown, twist garland into circle; tack to head. For star crown, roll Sculpy or FIMO oven-bakable clay into thin 5-in. circle. Cut zigzag points around outer edge. Bake as directed, then glue to back of head. Tack right hand over heart, if desired.

ALL-AMERICAN DOLLS



1 Square = 1 Inch

STAR AND BEAD WELCOME, page 61

Materials: 10×18-in. piece ¾-in. plywood; 4×12-in. piece pine; 35 wooden ½-in. beads with hole; 50 in. ¾-in. half-round; ⅛-in. dowel; red, blue, and mustard acrylic paints such as Delta Ceramcoat; matte-finish spray varnish; wood glue.

Instructions: Finished size 10×18-in. Enlarge pattern (*below*) to scale.

Trace entire pattern *except* stars and beads to plywood and cut out, slightly rounding upper curved edges. Trace and cut 6 stars from pine. *Note:* Drill ⅛-in. holes into wood before cutting out 5 hanging stars to preserve points. Cut five 1-in. lengths of dowels for stars. Cut thirty-five ¾-in. lengths of dowels for beads. Cut half-round to frame WELCOME lettering, mitering at corners.

Trace WELCOME and tear shapes onto plywood. Paint WELCOME and ½-in. border along upper curved edges blue. Paint outer tear shapes red. Paint half-round and inner tear shapes mustard. Drill holes in edge of plywood for bead and star placement. Glue 1 end of dowel into bead or star and other end of dowel into plywood. Spray with matte-finish varnish.

SCHOOLHOUSE QUILT, page 64

Materials: 45-in.-wide fabrics in the following amounts and colors: 3 yd. red, 7 yd. white; quilt batting; cardboard or plastic for templates; quilt marking pen.

Instructions: Finished size approximately 64×79 in; block size 12 in. square. Unless otherwise stated, sew with right sides together using ¼-in. seam allowances. Measurements given for sashing and borders include seam allowances. Enlarge pattern (*directional*) to scale. Cut template for each shape; these are sewing templates. For cutting templates, add ¼-

continued on page 80

STAR AND BEAD WELCOME



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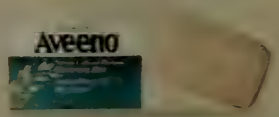


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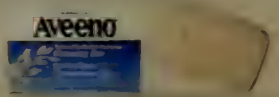


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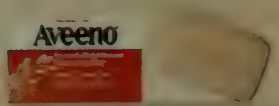
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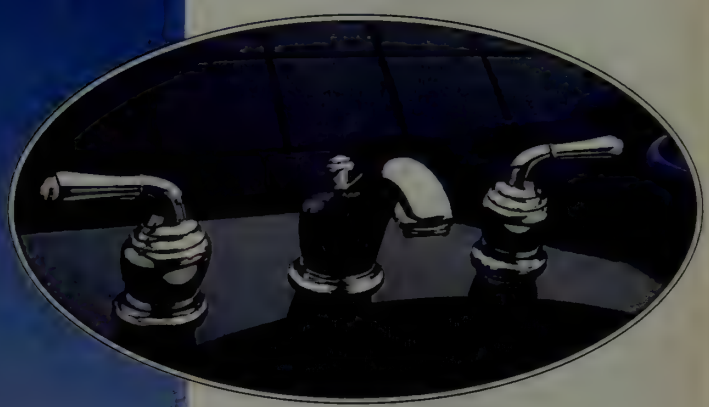
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continued from page 76

in. seam allowance to each side. For triangle border template, draw 3-in. square. Cut in half diagonally. Add ¼-in. seam allowance to triangle for cutting template.

Cutting: Cut and piece backing from white to measure 68×83 in. For schoolhouse blocks, cut 12 of each shaded shape from red; cut 12 of each of remaining shape from white. Cut 8 white 3½×12½-in. vertical sashing strips. Cut 5 white 3½×42½-in. horizontal sashing strips. Cut 2 white 3½×63½-in. vertical sashing strips. For pieced triangle border, cut 74 each from red and white fabric. Cut 4 white 3½×3½-in. corner squares. Cut two 5½×70 in. vertical border strips from red. Cut two 5½×65-in. horizontal border strips from red.

Assembly: Piece schoolhouse block according to diagram. Lay blocks in 4 horizontal rows of 3 blocks each. Set the horizontal rows together with 3½×12½-in. sashing strips. Join horizontal rows with 3½×42½-in. strips; sew strips to first and last horizontal row. Sew remaining strips to sides of top. Piece triangles into squares by joining diagonal sides. Join squares for borders as follows: 21 squares with red in lower right for left border; 21 squares with red in upper left for right border; 17 squares with red in lower right for top border; 17 squares with red in upper right for bottom border.

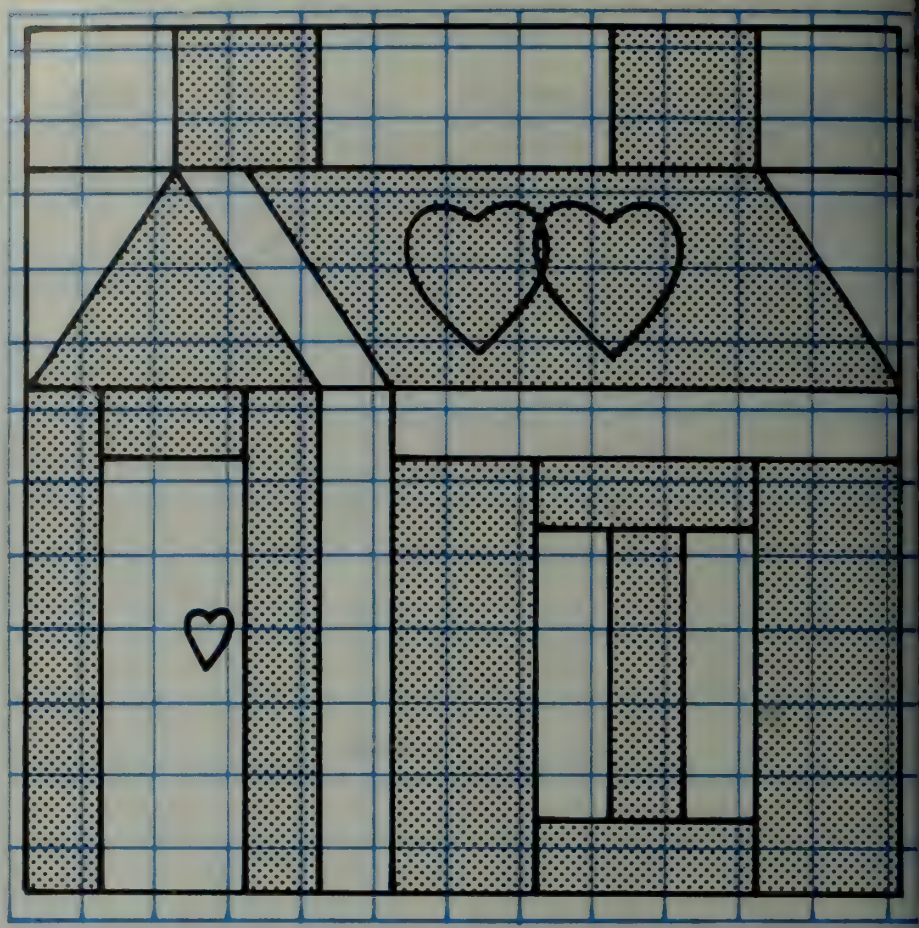
Note: Red side of squares should border white sashing strips on all sides. Sew white square to each end of long strips. Sew short strips to top and bottom; sew long strips to sides. Stitch red borders in place.

Layer backing, batting, and quilt top; baste. Quilt hearts in roof, door, and outer red border; quilt chain in white sashings; quilt inside all red pieces on houses and triangles; or quilt as desired. Trim backing even with top. Bind with ½-in. white binding.

WOODBURNED STARS, page 65

Materials: *For each star:* 9×10-in. piece ¼-in. pine; 24 in. raffia; red, blue, and white acrylic paints; antiquing stain; varnish; wood-burning tool.

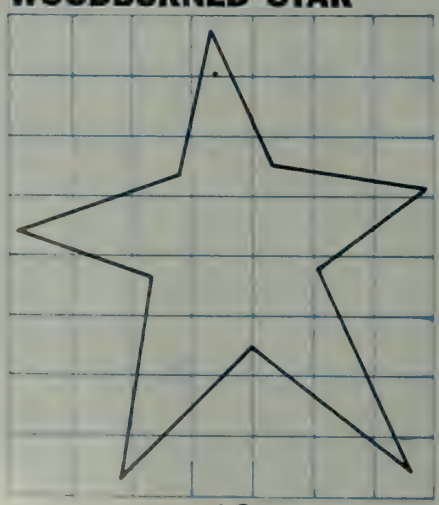
SCHOOLHOUSE QUILT



1 Square = 1 Inch

Instructions: Finished size, approximately 7×8 in. Enlarge pattern (*below*) to scale; trace onto wood. Cut out; drill hole at top for hanging. Sand all surfaces. Using photographs on *page 65* for ideas, draw details onto star. With wood-burning tool, burn details into star. Paint star as desired; allow to dry. Apply antiquing as desired. Finish with varnish or polyurethane. Loop raffia through hole.

WOODBURNED STAR



1 Square = 1 Inch

1857 CROSS-STITCH SAMPLER, page 62

Materials: 18×14-in. piece 28-count Khaki Annabelle Linen by Zweigart; DMC embroidery floss in the following colors: 838 Very Dark Brown, 612 Medium Tan, 500 Very Dark Blue Green.

Instructions: *Note:* Antique sampler shown was stitched over 1 thread on 21-count linen. These instructions are for stitching over 2 threads on 28-count fabric. Finished stitching size, approximately 10¾×7 in. If desired, stitching may be done over 1 thread; finished size will be 5⅓×3½ in.

Note: Strawberries on border were probably red when first stitched. If desired, substitute No. 304 Dark Red for No. 612 Medium Tan.

Find center of fabric and center of chart (*page 83*); begin stitching here. To change names or date, chart desired numbers and letters onto graph paper using numbers and letters from the sampler pattern. Stitch onto sampler, centering.

Frame as desired.

continued on page 83

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Pattern Shown. D

 continued from page 80

continued on page 84



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ALL AMERICAN CRAFTS

continued from page 83

APPLIQUÉD SCHOOLHOUSE PILLOW, page 67

Materials: 15×15-in. pieces blue wool and muslin; scrap green and brown wool for tree; scrap white wool for door and window; ¾ yd. iron-on adhesive such as Wonder-Under or HeatnBond; size 10 crochet thread in ecru and black; tracing paper; 1 yd. blue print for finishing; gold bell; black bead; 14×14-in. pillow form.

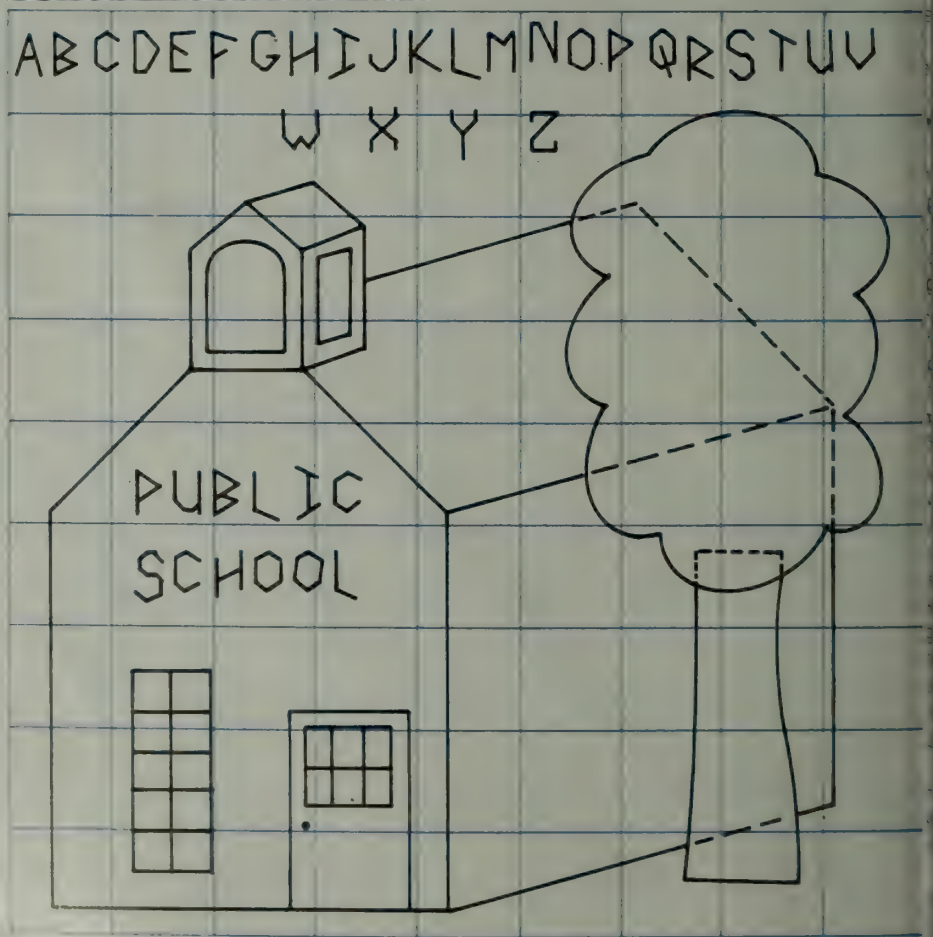
Instructions: Finished size 14×14 in. Trace complete pattern to blue wool. Trace schoolhouse, door, window, tree, and trunk onto paper side of iron-on adhesive. Fuse shapes to appropriate wools; cut out. Fuse all pieces to blue. Whipstitch around outside edges of shapes with ecru. Backstitch schoolhouse, lettering, alphabet, and tower and roof details with ecru. With black, backstitch windows. Fuse muslin to wrong side of top. Assemble into pillow as desired. Stitch bell on tower and bead on door. BH&G



CRAFT & WEAR

Have fun turning plain duds into dazzling apparel with Meredith's newest publication, *Craft & Wear*. Each issue includes step-by-step instructions and a pull-out section of iron-on transfers. To subscribe to one year (six issues) of Craft & Wear for $19.97, call 1-800-433-0700.

SCHOOLHOUSE PILLOW



1 Square = 1 Inch

BUYING GUIDE

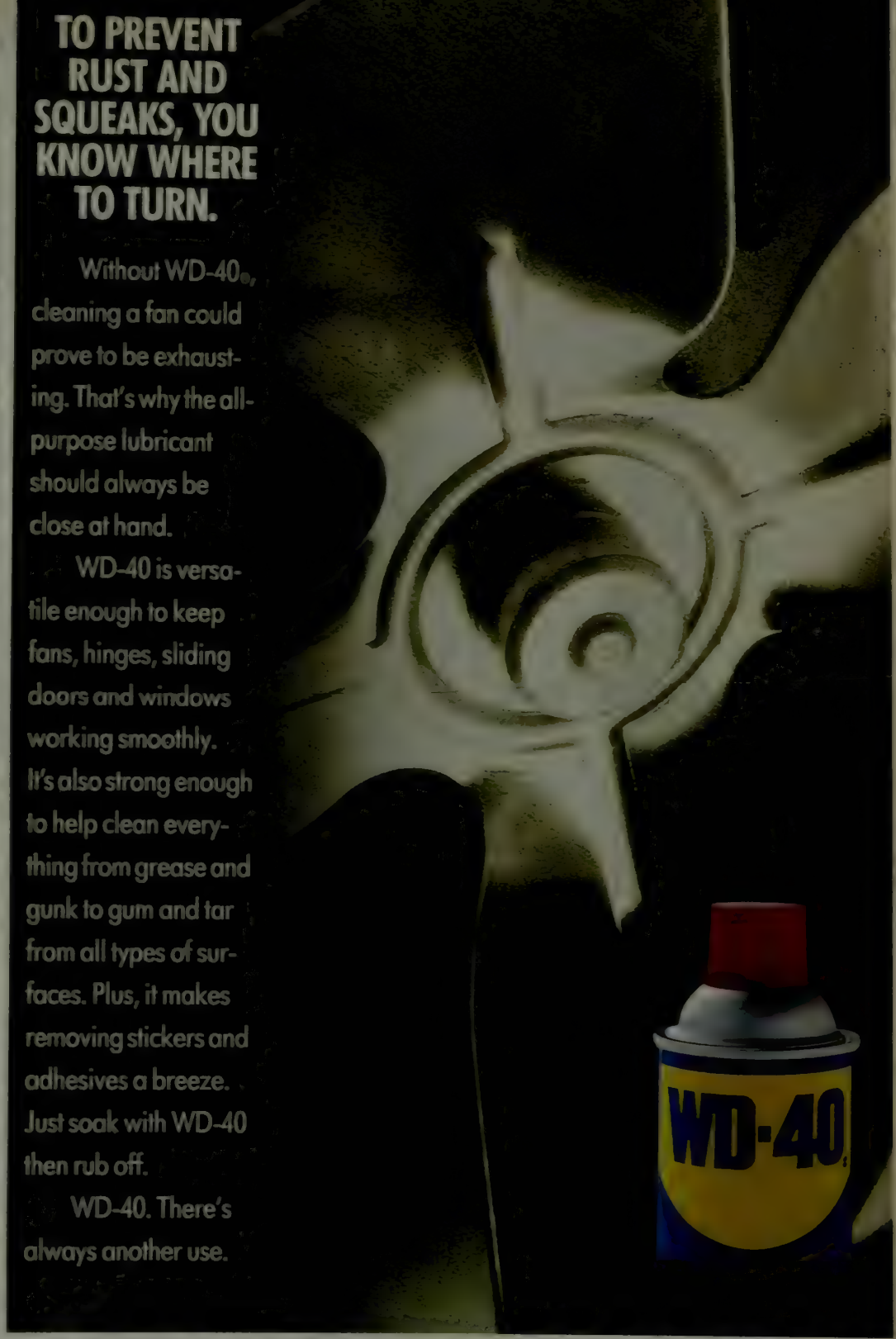
Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.

ALL-AMERICAN CRAFTS

Page 61: Paint—Delta Ceramcoat, available in arts and crafts stores nationwide. **Page 62: Sampler fabric,** "Khaki Annabelle"—Zweigart Fabrics and Canvas, 2 Riverview Dr., Somerset, NJ 08873-1139; **Floss**—DMC Corp., Port Kearny Bldg. #10, South Kearny, NJ 07032-0650. **Lace curtains**—Especially Lace, 202 Fifth St., West Des Moines, IA 50265. **Page 63: Curly red doll hair**—All Cooped Up Designs, P.O. Box 1612, Orem, UT 84057. **Straight black doll hair,** "Pretty Hair"—Aldastar; 800/782-3622. **Curly black doll hair,** "Midnight Black Maxi-Curl"—One & Only Creations, P.O. Box 2730, Napa, CA 94558. **Clay crown**—FIMO bakable modeling clay, available at arts and crafts stores. **Chamois dress dye**—RIT Dye, available in stores nationwide. For a free color chart of the latest RIT colors and general dyeing instructions, write to: RIT Dye, Dept. 247, Box 307, Coventry, CT 06238. **Page 64: Pie safe**—Ron Fisher's American Furniture, P.O. Box 1208, Marshalltown, IA 50158; 800/231-7370. **Page 65: Wooden Plate**—Cabin Crafts Midwest, 1225 W. First St., Nevada, IA 50201; 800/669-3920. **Page 66: Papier mâché gourds**—Decorator & Craft Corporation; 800/835-3013. **Page 67: Doll hair**—All Cooped Up Designs, P.O. Box 1612, Orem UT 84057. **Paint**—Tulip Paints, available at arts and crafts stores. **Sofa Fabric,** "Yapache"—Covington Fabrics Corp., 267 Fifth Ave., New York, NY 10016; 212/689-2200. **Hat**—Stetson, available at fine western stores. **Wall paint**—For further information, contact your local Sherwin-Williams dealer. **Page 68: Chamois dye**—RIT Dye, available in stores nationwide. For a free color chart of the latest RIT colors and general dyeing instructions, write to: RIT Dye, Dept. 247, Box 307, Coventry, CT 06238.

WHERE THE LIVING IS EASY

Pages 94–95: Area Rug—Elizabeth Eakins, Inc., 21 E. 65th St., New York, NY 10021. **Page 96: Noguchi floor lamp**—Akari Gemini, 619 Olive St., Suite A, Santa Barbara, CA 93101; 805/966-9557.



KITCHENS THAT CAPTURE THE SUN

Pages 102–103: Windows—Pozzi Wood Windows Co., P.O. Box 5249, 62845 Boyd Acres Rd., Bend, OR 97708; 800/821-1016. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53711; 800/222-7820. **Dishwasher**—ASKO, Inc., 903 N. Bowser St., Ste. 200, Richardson, TX 75081; 800/367-2444. **Cooktop**—Thermador, 5119 District Blvd., Los Angeles, CA 90040. **Faucet**—Grohe America, Inc., 900 Lively Blvd., Wood Dale, IL 60191. **Solid-surface counters**—Du Pont Corian, Solid Surface Products, Du Pont Co., Room G-50990, Wilmington, DE 19898. **Sink**—Blanco America, Inc., 1001 Lower Landing Rd., Ste. 607, Blackwood, NJ 08012; 800/451-5782. **Compactor**—Broan Mfg. Co. Inc., P.O. Box 140, Hartford, WI 53027; 800/548-0790.

Pages 104–105: Range, barbecue, and warming oven—Thermador (address above). **Lights**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094. **Sink**—Blanco America, Inc., 1001 Lower Landing Rd., Ste. 607, Blackwood, NJ 08012; 800/451-5782. **Faucet**—KWC/Rohl Corp., 1559 Sunland Way, Costa Mesa, CA 92626. **Pillow fabric**—Ralph Lauren, Stevens Tower, 1185 Avenue of the Americas, Ninth Floor, New York, NY 10036. **Dishwasher**—ASKO, Inc., 903 N.

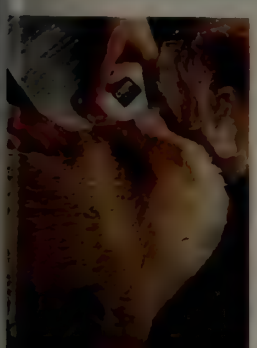
continued on page 112



Going To Extremes To Escape The Misery Of Fleas And Ticks?

Dogs hate fleas and ticks. But they hate some of the treatments almost as much.

And you know that some treatments that don't bother the dog (like collars) don't bother the fleas much, either.



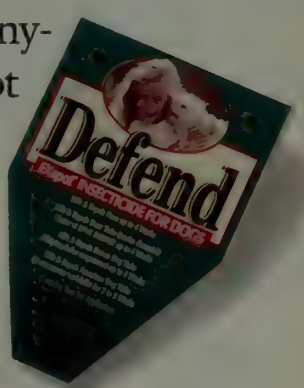
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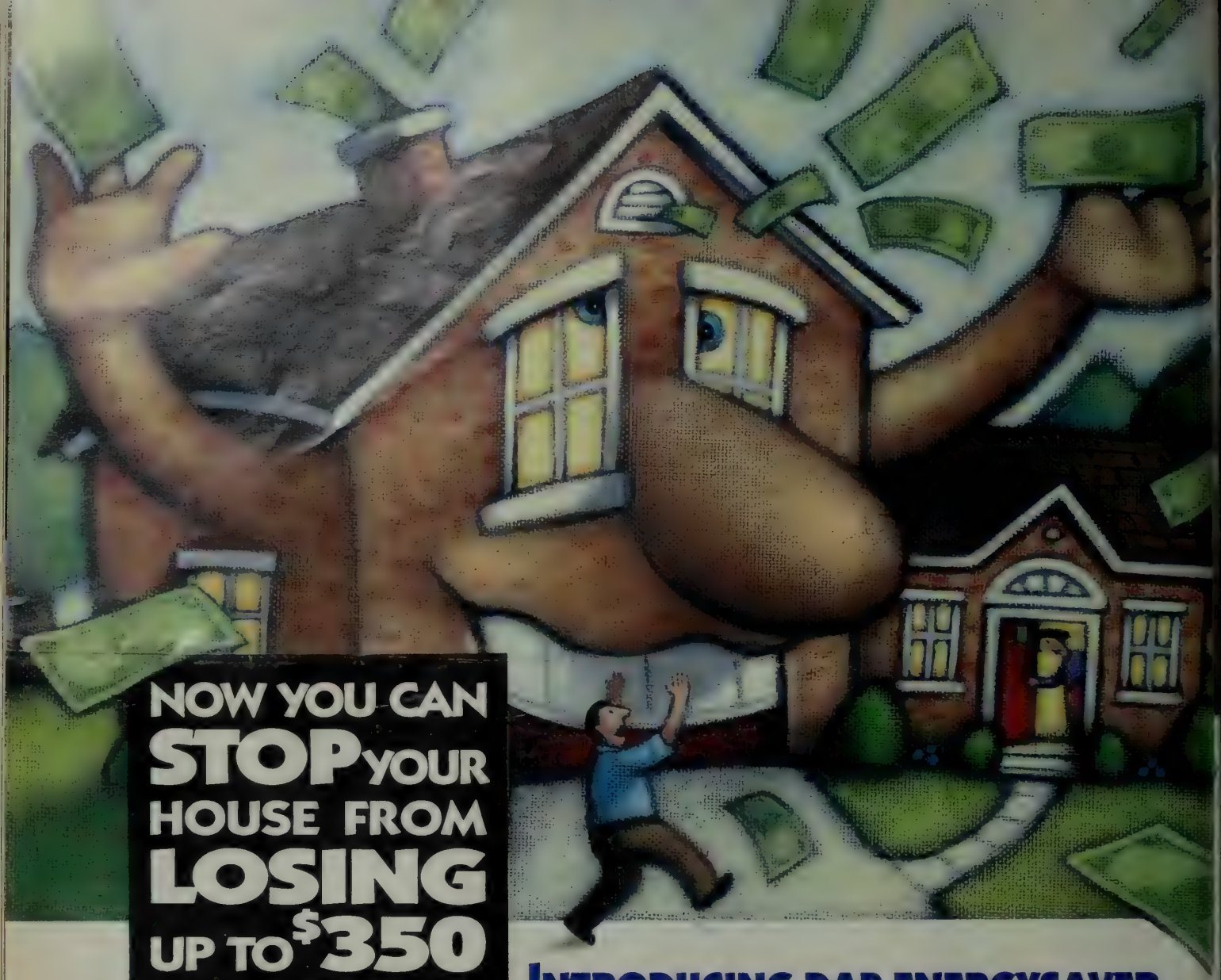
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*Source: US Dept. of Energy.

DAP

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by Sandra S. Soria

where the living is easy

Simple decorating that leaves time for life.

Tending to two careers, a curious toddler, and a bouncy springer spaniel keeps thirty-somethings Tom and Loree Goffigon as busy as the next family. The last thing they need is a home that demands constant attention—or constant protection from messy little hands or paws. To this common '90s situation, the Goffigons found a carefree response: No-fuss materials (such as this slipcovered seating and rugged pine) staged in uncluttered rooms that combine easy-on-the-eyes serenity with low maintenance. Sound like the perfect home remedy for your hectic life? You haven't heard the best part: Their warmed-up contemporary style is as easy to pull together as it is to live with.

Living in the ever-beating heart of Los Angeles, Tom and Loree needed to block out the fray beyond their doors as much as they needed a quiet place to relax and renew. This small cottage instantly captured their design imagination, luring the two not only by its strong bones (a definite enticement for architect Tom), but



Take some easy-living tips from the Goffigon family: Loree, baby Carter, Tom, and Oliver the dog. They uncomplicated their lives by simplifying their home's design.



important. We just like old st



also for its intriguing soul. The living area and core of the home was once the servant's quarters of an avocado estate. At 118 years old, the batten and beam shelter boasts to be Hollywood's oldest wood structure. When the Goffigons found the then five-room home, it was owned by an "ancient" astrologer who had drenched the walls in forest green paint. "It was mystical," says Tom. "And dark. We were drawn by its powerful connections."

Given the structure's strength of character, the Goffigons were careful not to overpower it with loud furniture and lots of doodads. Simplicity was the design goal, even when it took some ingenuity to accomplish it. For instance, stripping the redwood walls of the dark overcoat proved to be a mission impossible, so the couple simplified the process by adding panels of white-painted drywall. The panels not only erase large areas of green wall, but they offer flat expanses for hanging art and a clean canvas that silhouettes distinctive antiques.

Ways to ease up your rooms

- *To dress your rooms for comfort, think about your weekend wardrobe. Classically casual, sturdy cottons and washed linens wear well.*
- *Avoid a "hands-off" room by introducing touchable texture. Soft wrinkles and mottled finishes invite visitors to relax and explore.*
- *Shop for plain-lined, high-quality upholstery for style that lasts. The Goffigons' classic sofa and contemporary sling chairs have worn several slipcovers—and still look great. The covers soften and protect the pieces.*
- *Like people, rooms get happier when they're bathed in sunlight. Blinds let in the light, and pale, glossy paint bounces it around.*



"The country of origin isn't all that e're drawn by texture, shape, and character." — *Loree*



Simply removing it has ma

Along with the vaulted living space, the Goffigons inherited adjoining dining and kitchen areas that they believe were added in the '50s (the gridded wall of glass found on many a California ranch provides the clue). Tom turned the spaces into one light-filled unit by tearing down a wall and replacing it with a laminate island. Simple, hardworking materials—such as a long row of rosy oak cabinets and industrial shelving topped with a butcher block—identify the space as a real cook's kitchen. Loree is the former manager and owner (along with Tom) of a popular local restaurant, Yanks. Now the two satisfy their urge to serve and socialize by having regular dinner parties. "We entertain at home more because we want to be with the baby," says Loree. "Small kitchens can be the most efficient. We do parties for 50 out of this one, no problem."

Ways to ease up your rooms

- *Fill your rooms with separates rather than suits of furniture for less formality. Even though they hail from different lands and eras, country spoon-back chairs and a Danish modern table get along because of their shared simplicity.*
- *Uncomplicate style with unadorned surfaces. Without curves and crevices, cabinetry and dining furniture is easy to clean and to look at. Rich woods and earthy colors keep the modern design from becoming too slick and cold.*
- *Knock down walls that obstruct family togetherness. Without investing in a major remodeling, Tom removed a kitchen wall and replaced it with an island. The island pulls double duty: it houses the stove on the kitchen side and offers a serving counter for dining.*

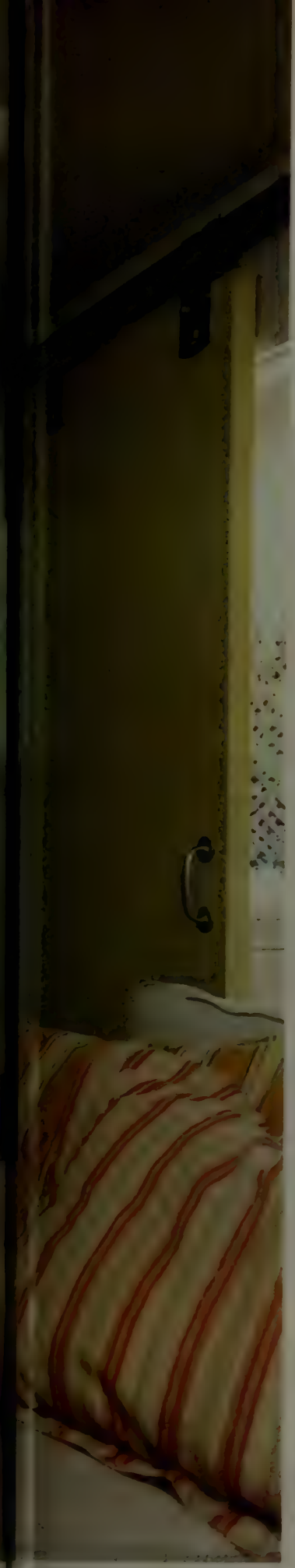


"It's hard for me to imagine that the kitchen wall was ever there.

najor difference in how we live." — *Loree*



six o'clock rolls arou



Ways to ease up your rooms

- *Make your rooms live the way you want them to. When the Goffigons added on to the rear of their home, a former bedroom became a walk-through space. To create a cozy den from the awkward space, Tom ingeniously carved out a hallway with a bookcase. The unit's birdcage top allows light to sneak in.*
- *Mine your memories for comforting images. Remembering the barn doors from the Virginia farm where he grew up, Tom lets this yellow door slide to avoid a space-eating swinging door.*
- *Thread common elements from room to room for restful flow. Square windows, hand-hewn pine, and natural fabrics are a few of the elements woven into each space to tie the home's decorating into a neat, eye-soothing package.*



The same spirit of stripped-down efficiency found in the kitchen guides Tom and Loree's decorating throughout the home. Though the rooms may be spare and functional, they are anything but cold. The Goffigons turned up the heat with simple pleasures from the past and from the earth. Sprinkled throughout every room in the home, a multicultural collection of 19th-century pine sums up the couple's decorating attitude. "We're drawn to beat-up old pine," says Tom. "It's honest, humble, and beautiful because of its simplicity." The unpretentious pine mixes easily with contemporary upholstery that gets its own natural beauty from textural and subtly-hued fabrics such as canvas and linen. These fabrics are sewn into furniture or pillow covers that can be whisked off and washed. "We tend to like things that wear well, that actually get better with age and handling," says Tom. "We're comfortable with the rumpled, lived-in look."

"We both lead very public lives, so when step in the door and close the world out." — *Tom*

*M*ake it happen



Secrets of successful displays

Throughout the Goffigons' home, still lifes of furniture and collectibles offer the eye a pleasant place to rest. For great gatherings, remember that what the objects share is as important as how they differ. Look for similar attitudes (as in the hand-hewn quality of these pieces) and color, but vary heights and sizes for interest.

How to pick a palette

Her architect husband handled the blueprints, but Loree Goffigon took charge of the other colors in their home's remodeling. "We batted around ideas on structure, but he was way ahead of me," says Loree, who has a background in fine arts and interior design. "I was called in for palette." Earthy, neutral shades became the perfect polish for their clean and quiet spaces. Here are some tips from Loree for selecting your home's hues: If you love a rich wall color, go a few shades lighter and it will be easier to live with. Use strong color on small or easy-to-change elements. For timeless schemes, look to the classics or to nature, rather than to the latest trends. Warmed-up white backdrops show off antiques and furnishings like artwork. Finally, look at your wardrobe—if you like it on you, you'll like it around you.

Finding fabrics with natural beauty

Decorative fabrics are getting back to nature. The Goffigons prefer linens and cottons for a soft, lived-in texture. Here's what to look for:

Wool is the best wearing of all natural fibers. If slight pilling bothers you, avoid lofty weaves. Wool is costly, so it's often wed with nylon for affordability. Although durable, linen has trouble holding color and tends to wrinkle permanently. If you don't like the rumpled, worn look, shop for neutral hues that don't show fading and a cotton blend that wrinkles less. Cotton takes dye beautifully, but does show its age. Look for dense weaves, such as canvas and denim. Made from wood pulp, rayon can be lumped with the naturals. Although it offers the best color range, rayon isn't as durable as the others. Natural fabrics are easier to clean than synthetics. Avoid stains by shopping for fabrics treated for soil resistance.



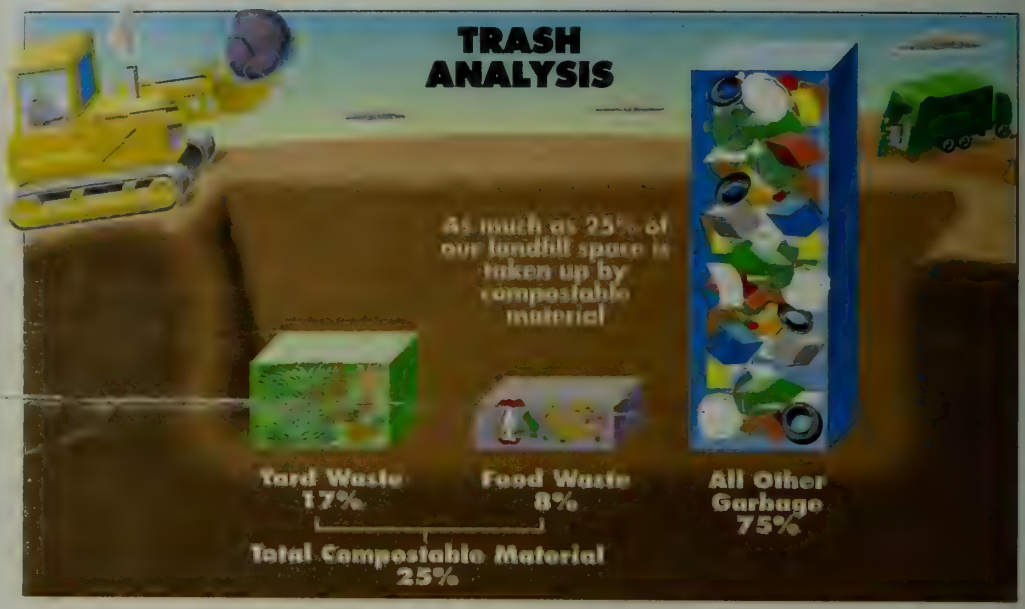
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Composting this material in your backyard, however, will shrink your garbage output, reduce the volume of the materials, and give you a valuable soil amendment that provides good drainage and moisture retention for your lawn or garden. All you need to start composting is a little space and patience. If you want to make the most of your compost pile and avoid some deleterious side effects, however, there are some rules to follow.

Here's a list of dos and don'ts:

DO . . .

Turn the pile. For the best results, turn the pile with a pitchfork about once a week. This provides the oxygen necessary to the composting process. If you leave your yard waste and food scraps in an unturned pile, they will eventually rot, but it may take a year or two.

Throw in a variety of items. Leaves or grass by themselves lack the nitrogen to put composting bacteria to work. Add fresh leafy greens, kitchen produce scraps, manure, or specialized compost starters that you buy.

Water the pile. A compost pile should be moist, not soggy or dry, for the best results. During dry periods, add a little water to the pile; or cover the pile with a tarp to retain moisture and increase the pile's humidity. The presence of white, lacy fungi indicates that your pile is too dry.

Chip or shred woody material. Bark and small tree branches are difficult to compost. Run them through a shredder or chipper first.

DON'T . . .

Throw in meat, bones, fat, or grease. These can turn rancid and attract vermin and wild animals.

Put your pile too close to the house. Don't put it close to your neighbor's either. Food scraps will draw flies. And odors may result if the pile is turned infrequently.

A BETTER WAY TO ROT

Your recipe for good compost depends on knowing the difference between composting and rotting. Composting is an aerobic process, which means that it requires oxygen. With frequent turning, it happens within six weeks. The pile will get hot inside as the millions of bacteria gorge themselves on the food you provide.

Rotting is anaerobic: scraps biodegrade, but without oxygen. Rotting occurs when you don't turn the pile, so it can be less work. The process takes six months or longer and can sometimes smell. It results in a lower quality humus.

TO BUILD OR BUY

The ideal size to build a compost pile is about three feet square and waist high. Any smaller and you won't get a vigorous composting action. Too much larger and you may have uneven spots or difficulty turning the pile.

Use chicken wire or boards with slats in them to get air into the pile. A gate or opening on the front will make the turning easier.

Most store-bought compost bins offer some sort of specialized convenience. They can be portable, washable, or insulated. Some offer double chambers or tumblers for easy turning. On a small lot or where neighbors are close by, use a small, closed container.

THE FRUITS OF YOUR LABOR

The best uses for compost are in the garden. Mix it in with your soil, and it will break up clay, hold moisture, and encourage the growth of friendly bacteria. You can also spread a thin layer of compost on your lawn.

BY TOM JACKSON

Want To Help Keep His Skin Dry And Healthy Now.



© P&G 1993 Professional portrayal based on actual testimony.

Denese Rohmfeld, Pediatric Nurse
Methodist Hospital, Lubbock, Texas.

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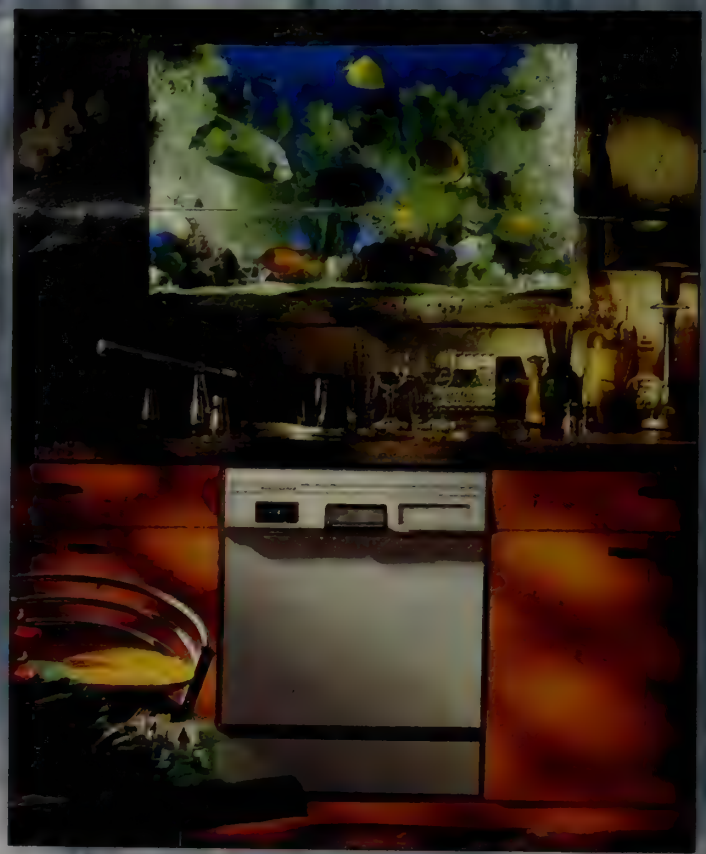
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Kitchens that capture the sun

Sweet **sunshine** should be your kitchen's **key ingredient.** Here are three ways to let the **light of day** nourish your **space.**

by Steven Greenhut



Inspired by Japanese design, the vaulted skylight accentuates the understated elegance. Light materials are an ideal canvas for the sun to paint its golden hues.

Snatches of daylight

Why not consider an array of openings to shed new light on a dark situation? This sizable galley kitchen demanded more daylight than any one set of windows could provide, so sunshine is channeled inside at every opportunity.

Stretching the size of the windows was the first approach. Flanking the above-sink window with 8-pane openings and topping it with a row of transoms more than tripled the original glass area. Sidelights added to the eating nook window draw in extra rays and direct them down the kitchen corridor. New access for the sun was created by sculpting two skylights into the ceiling. Sandblasted glass, inset into natural oak framework, offers an abundance of diffused sunlight.





ARCHITECT WILLIAM ZIMMERMAN PHOTOGRAPHS MIKE JENSEN REGIONAL EDITOR TRISH MAHAFFAY

Brightening this long galley kitchen required a variety of light-luring approaches, including extra-large sink and eating nook windows and two sandblasted glass skylights. To take full advantage of all the newfound light, the kitchen features a wide-open floor plan that's free from solid walls that would halt the sharing of sunlight.

Bold skyward reach



Sometimes a bold stroke is what it takes to saturate a kitchen with sun. Brightening a dimly lit space with a dramatic greenhouse bump-out was an ideal option for this kitchen because of its spectacular unobstructed views.

An island with a sink—the core of this kitchen's work triangle—receives the full measure of the sun's benefit. So does the cozy banquette carved under the glass expanse. There's no dark side to this sunny story because the window's wide girth and towering height let the light shine on every spot from the cooktop to the pantry. When evening arrives, rows of recessed can lights pick up where the sun left off.

Losing a working wall to a greenhouse doesn't detract from this modest-size kitchen's functional space because the remaining three walls are packed with practicality. Floor-to-ceiling storage outfits one wall. Generous cabinets, spacious counters, and high-quality appliances efficiently wrap the other two.



To accent the lofty views, the kitchen is colored in heavenly hues. White cabinets capture the airy feel of clouds. Rich blue tiles match the brilliant sky.

DESIGNER: SANDRA YORK PHOTOGRAPHS: JAY GRAHAM REGIONAL EDITOR: HELEN HEITKAMP



Angling toward the sun

Bumping up and out can give a dark kitchen a bright new outlook. Shaded by a dense grove of tall pine trees, this kitchen stretches toward the daylight the way a flower grows toward the sun.

Pushing the ceiling up to the roofline and installing skylights was the first step in breaking out of the shadows. To funnel as much light as possible, a generous light well was created around the skylights. At the bottom of the well, the drywall flares outward to disperse a mother lode of sunshine. Bumping the eating area out four feet into the trees allowed space for deep and wide bay windows that are angled in three directions to capture previously unavailable sunlight.

A similar angled approach also works its magic above the main work area. Even though the sink faces north, a shapely three-paned bay window gathers light from the east and west as well.



Generous skylights, an eating nook bump-out, and an above-sink bay window reach out beyond the tree cover to touch the sun. ***Buying information, page 85.***



White cabinetry and appliances help capture light and reduce glare. Granite counters, wood trim, and natural-color floor tiles enhance the room's in-the-treetops ambience.

INTERIOR DESIGN: LORRAINE HARRIS. PHOTOGRAPHS: JAY GRAHAM. REGIONAL EDITOR: HELEN HEITKAMP



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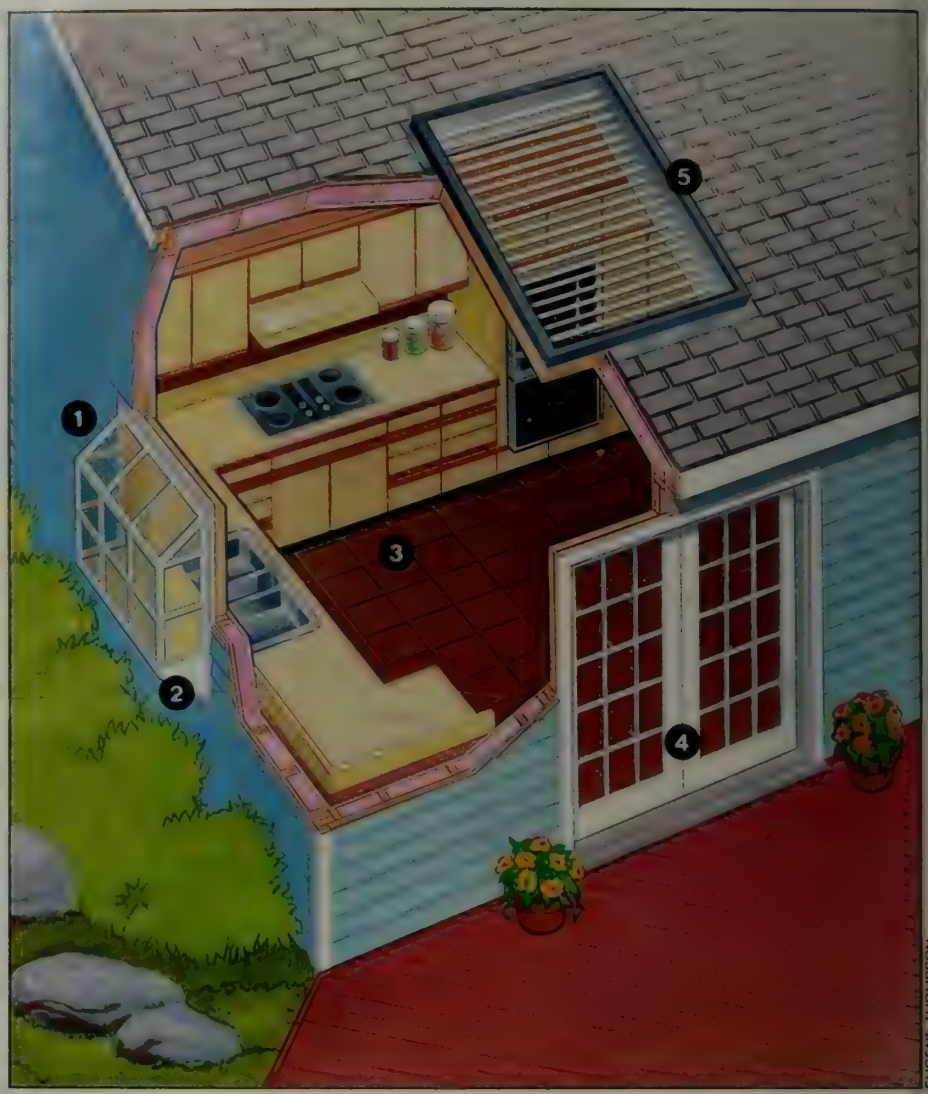
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 continued from page 107



Some Bright Ideas

You can brighten your own kitchen by following some of these time-tested daylighting ideas.

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2 USE WINDOWS WITHOUT PAINS. To avoid uncomfortable hot spots, consider your climate, the direction your windows will face, and nearby landscaping before adding glass areas. You can use blinds or shades to control direct sun, but it's best to plan your windows carefully.

3 LIGHTEN UP. Choose a kitchen layout and finishes that take full advantage of the daylight. Consider raising your ceiling to add more area for the sun. Choose light-colored cabinets, counters, flooring, and paint to complement your kitchen's airy ambience.

4 OPEN THE DOORS OF OPPORTUNITY. Doorways offer another opportunity to draw in sun. Replace solid doors with glass-paneled doors. Or, double the size of the doorway with atrium doors. Easy access outdoors can make your kitchen seem bigger and brighter.

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continued from page 85

Bowser St., Ste. 200, Richardson, TX 75081; 800/367-2444. **Vinegar bottles**—Williams-Sonoma, P.O. Box 7456, San Francisco, CA 94120; 800/541-2233. **Sun plate**—Patti Ryerson, 475 Rivera Circle, Larkspur, CA 94939. **Napkin**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Coffee cup**—Arabia of Finland, 225 Fifth Ave., New York, NY 10001.

Pages 106–107: Kitchen sinks—Kohler Co., Kohler, WI 53044. **Instant hot faucet**—In-Sink-Erator Co., Div. of Emerson Electric Co., 4700 21st St., Racine, WI 53406. **Dishwasher**—The Maytag Co., One Dependability Square, Newton, IA 50208. **Faucets**—KWC/Rohl Corp., 1559 Sunland Way, Costa Mesa, CA 92626. **Oven and microwave**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Compactor**—Broan Mfg. Co. Inc., P.O. Box 140, Hartford, WI 53027; 800/548-0790. **Skylights**—O'Keefe's Inc., 75 Williams Ave., San Francisco, CA 94124. **Cabinet hardware**—Jado Bathroom and Hardware Mfg., P.O. Box 1329, Camarillo, CA 93011; 800/227-2734. **Hood/vent**—Thermador, 5119 District Blvd., Los Angeles, CA 90040. **Hanging lights**—Leucos USA, 70 Campus Dr., Edison, NJ 08818. **Flush ceiling lights**—Capri Lighting, 6430 E. Slauson Ave., Los Angeles, CA 90040. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763. **Yellow platter and pitcher**—Cyclamen Studio, 1825 Eastshore Hwy., Berkeley, CA 94710. **Dining area table**—Cottage Tables, 550 18th St., San Francisco, CA 94103. **Hanging light over table**—Saturno Treclucer, Imported by Lightnin Bug Ltd., 320 W. 202nd St., Chicag Heights, IL 60411; 800/323-3226.

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Pages 120–121 (*left*): Platter, "Artista"—Caleca USA Corp., 41 Madison Ave., New York, NY 10010. **(*Right*): Plate,** "Summe Alfresco"—Smith & Hawkens, 25 Corte Madera, Mill Valley, CA 94941; 415/383 2000. **Flatware,** "Linear"—Yamazaki Tableware, Inc., 150 North St., Teterboro, N 07608.

Page 130: Plate—Conran's Habitat, 20 46 Tarrytown Rd., 16th Fl., White Plains NY 10003.

Page 132: Towel—Conran's Habitat, 20 46 Tarrytown Rd., 16th Fl., White Plains NY 10003.

PRIZE TESTED RECIPES

Page 138 (*right*): Platter, "Artista"—Caleca USA Corp., 41 Madison Ave., New York, NY 10010.

DIRECTORY OF ARCHITECTS, DESIGNERS

FRONT YARD OASIS

Pages 23–28: Landscape design—Rich Edwards, Green Architecture, 1129 22nd East, Seattle, WA 98112. **Contractor**—Mike Scharnberg.

ALL-AMERICAN CRAFTS

Page 61: Star and Bead Welcome—Jim Williams.

Pages 62–63: Buffalo Pull Toy—Jim Williams. **All-American Dolls**—Ji Severson.

Page 65: Denim Bear—Barbara Hickey **Woodburned Stars, Stars and Stripes Plate**—Patrick Lose.

Pages 66–67: Indian Corn Ladder, Painted Gourds—Jil Severson. **Folk-Art Horses**—Kay Cloud. **Bowlegged Buck**—Patrick Lose. **Schoolhouse Pillow**—Janelle Cram.

Page 68: Stars and Stripes Jacket—Patrick Lose. **Buffalo Pillow**—Jim Williams.

WHERE THE LIVING IS EASY

Pages 89–96: Architect—Tom Goffigon; 213/851-5621.

KITCHENS THAT CAPTURE THE SUN

Pages 102–103: Architect—William Zimmerman Architects, 1000 Turner Way, E, Seattle, WA 98112. **Builder**—Odyssey Builders Inc., 7746 Ravenna Ave., NE, Seattle, WA 98115.

Pages 104–105: Interior designer—Sandra York, 206 Bay View Ave., Belvedere, CA 94920.

Pages 106–107: Interior designer—Lorraine Harris, Harris Interiors, 218 Princeton Ave., Mill Valley, CA 94941.

kitchens and baths



Are you searching for ideas to inspire your remodeling project? Come peruse the innovative kitchen and bathroom designs and products on the following pages.

by steven greenhut



A kitchen that invites the views

Walls are meant to be broken. Alice and Richard Nelson turned their small, dark, boxed-in kitchen into a dramatic and airy space by opening the room to the world beyond.

Because the kitchen was at the front of their house, the Nelsons never thought they could take advantage of the mountain views that were out back. Architect Todd Soli solved the problem by removing the walls that separated the kitchen from the sunny, view-filled living room. To ensure an unobstructed panorama, Soli raised the entire kitchen 2½ feet. The kitchen then was filled with stunning design details that are worthy of its elevated status. In place of the solid wall, an artful railing helps define the space. Outfitted with a cooktop and storage, the hardworking island was placed by the new side windows.



The stylish geometry of the railing is echoed in the wood detailing that overlays the sandblasted glass cabinet fronts. A tray ceiling gives the kitchen a skyward boost.

Although the open plan lends a contemporary air, the painted wood cabinetry and natural oak accents meld the kitchen with the home's vintage architecture.



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Adding to the seamless look, the commercial cooktop is clothed in maple panels. Granite tile bridges the gap between the warm woods and the cool counters.



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Stunning bath for two

You can make a bold style statement in your modest-size master bath and still have room for those special creature comforts. In this stylish 12×8-foot space, there's plenty of room for a duo to shower because this bath is plumbed with twin shower heads. Double dipping is a breeze as well with this extra-large whirlpool tub. The frameless, tempered-glass tub enclosure's peaked top echoes the ceiling's vaulted profile. Glass blocks and square panes of tempered glass offer spacious views of the private and wooded backyard. Light gray and charcoal ceramic tiles offer a soothing color combination.

The frameless tempered-glass tub enclosure is stunning and sturdy.

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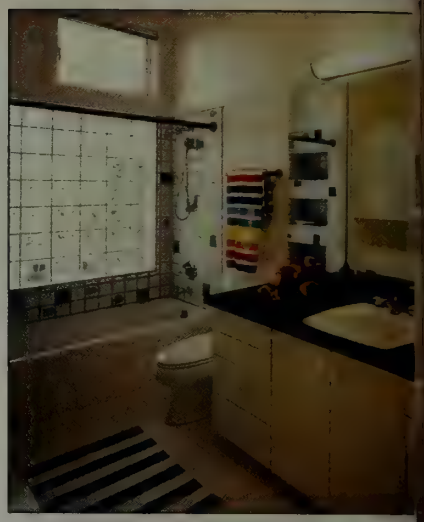
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Colorful decorative tiles and good desig ideas result in a bathroom that's fun for kids but practical for adults.

kitchens and baths

special section

A bath built for kids

Some inexpensive and simple design ideas helped Mark and Lynne Johnson create a kids bathroom that's full of whimsy and fun, yet is still packed with practical tips.

Have some fun. Ceramic tiles hand-painted with fish designs are sprinkled throughout the basic white and blue tile pattern around the tu As they enliven the room with prim ry colors, these lighthearted tiles pr vide plenty for the kids to look during bath time.

By using these tiles sparingly, t Johnsons created a subtle motif th adds interest without overpowerin the room. Plus, limited use of price decorative tiles creates big impact f little cost.

Let's be practical. The basic blu and white color scheme, an abu dance of storage space, and generou windows reflect solid design ideas th will make this a hardworking bath room for years.

The glass block wall above the tu is built mostly of translucent gla block to provide light without detrac ing from privacy. A handful of cle glass blocks are used on the wall's bo tom row. This allows bathers a view the outdoors while enjoying a bubb bath. Built-in niches are great f holding soaps and shampoos.

Architect: Aldrich Architects. Photographs: Mike Jens Regional editor: Trish Maharam



HOME ALONE

You've worked hard. The kids are gone and now it's time to relax and enjoy everything life has to offer. What better place to start than your own kitchen? Aristokraft makes it simple with Saratoga, our newest line of affordable, easy-to-use cabinetry. Saratoga works well in any kitchen decor and is available in three oak finishes — light, medium, and pickled. And easy-care Saratoga features a variety of styling and accessory options. So you get exactly what you want. After all, isn't that what this time of your life is all about? Saratoga. A golden opportunity from Aristokraft.

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Big ideas for a small bath

Consider the ideas John and Dana Hagenah used to give their tiny bath a sense of space and style:

A colorful mosaic tile floor seems to expand the size of the bathroom by directing your gaze to the intricate but restrained pattern, rather than to the room's modest dimensions. The stylish green, white, and dark red design breaks the bath into two separate areas as it follows the contours of the cabinet.

The Hagenahs designed this cabinet with three different depths to provide plenty of storage without eating into much valuable floor space. Where floor space is most precious, the custom cabinet is quite narrow, featuring only a small counter

continued on page Z12

A tricolor mosaic floor pattern adds a dash of interest without overpowering the bathroom design.

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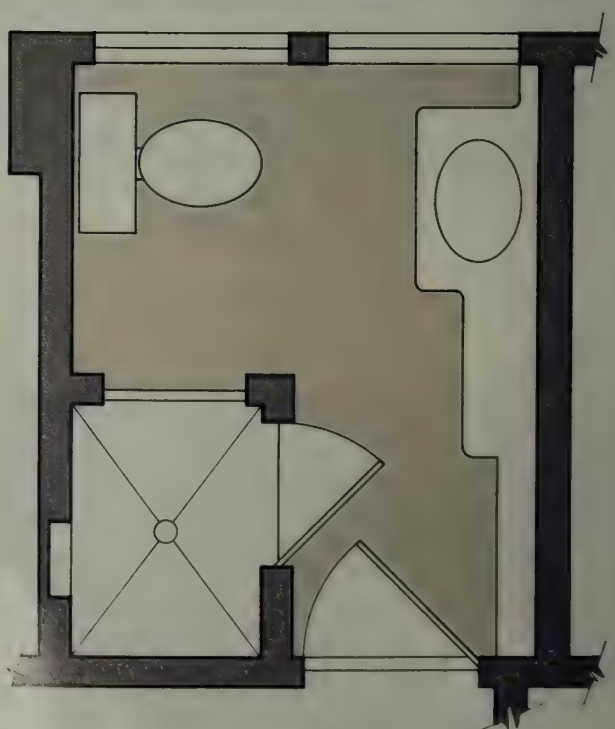
Thanks to an innovative fixed-glass window and overhead lighting, this small shower stall projects an image larger than its small dimensions.

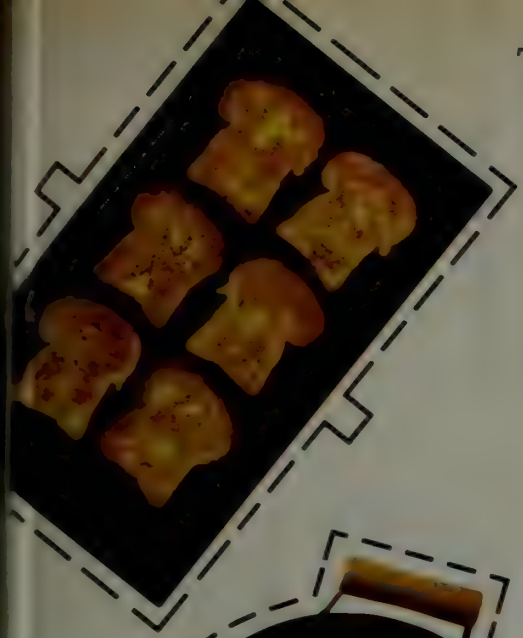
A space-saving, stair-stepped custom cabinet, a big mirror, generous wall and overhead lighting, and light colors help give this bath more stretch without boosting square footage.

area over a towel rack. The second part of the cabinet steps out to house storage drawers. The final cabinet step—placed where floor area is adequate—is deep enough to accommodate the sink and vanity.

By allowing in natural light, the fixed-glass window in the side of this shower enclosure keeps this small cubicle from feeling cramped and dark. The windowsill and built-in niches create more room for soaps and shampoos than most full-size shower stalls.

Another space-stretching idea is the full-wall mirror above the vanity, which gives the illusion of expanded space. Pale colors and an abundance of overhead light also help this tiny room feel larger.











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Thanks to a dining room bump-out, generous windows and glass-paneled atrium doors, and light finish materials, this once-dreary kitchen is now bright, open, and great for entertaining. Also, pushing the ceiling one foot into the attic added a lofty feel.

Highlighting architectural elements such as the traditional wood column, the arch over the cooktop, and the niche above the ovens gave the Eastons' kitchen extra distinction.

How to brighten a dark, dreary kitchen

There's no secret to turning your dungeon-like kitchen into a sunny and open space. Try these time-tested tips that Al and Annette Easton followed when they remodeled the kitchen in their Atlanta house.

Bump out one wall in a corridor kitchen to free up the working core for cooking and to give diners plenty of elbow-room in the new eating area.

Bumping out just five feet transformed a cramped and narrow space into an expansive kitchen with room for cooking, a desk, and dining area.

Add an expanse of windows in the new exterior wall to banish a dark, confined feeling. The Eastons chose a series of casements so they could easily control airflow.



Three sets of double patio doors with tall glass panels ensure plenty of light as well as easy access from the indoors to the landscaped backyard.

Remove interior walls to let the newfound light find its way to every nook and cranny. A large open space between the dining and cooking areas not only shares light, but unifies the entire room. The opening also serves a practical purpose—providing a convenient serving spot for buffet-style meals.



Borrow space from the attic to give your room an airy feel. An upward expansion of a mere foot made all the difference in the Eastons' kitchen.

Choose light materials to create the illusion of extra living space. The Eastons opted for an all-white cast of laminate cabinets, ceramic floor tiles, and solid-surface counters by the sink. BH&G

DESIGNER: CORRINE COLARUSSO. PHOTOGRAPHS: RICK TAYLOR. REGIONAL EDITOR: RUTH REITER

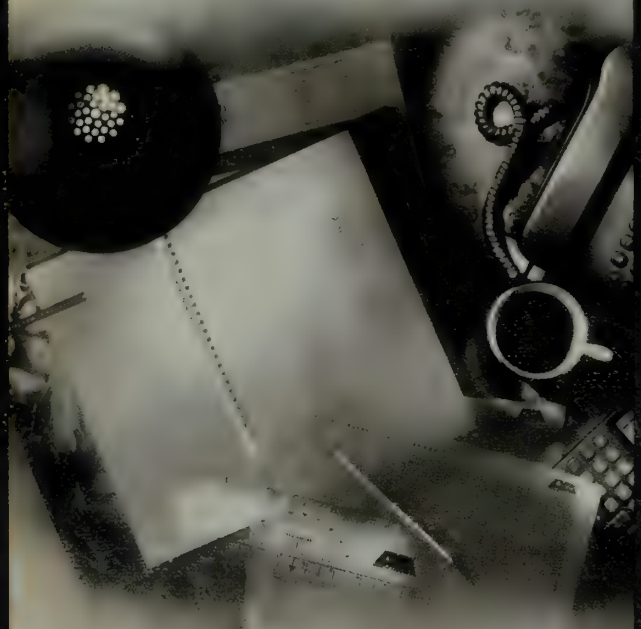
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Marble tiles wrap this bath in richness.



A wall-to-wall mirror makes the room seem larger.

Light-sharing bath remodel

The staggered window pattern in this bath remodel solves the tricky problem of securing both light and privacy.

Shortening the lower row of casement windows provides plenty of privacy for bathers, who still can enjoy a wealth of sunlight and treetop views thanks to the longer row of upper windows. The new flat surfaces and light colors now reflect the room's bright outlook, spreading body- and soul-warming sunshine throughout the space. Marble floor tiles wrap halfway up the wall and around the tub and shower enclosures for a low-maintenance surface.

The vertical-grain fir window casings, soffit band, and cabinet fronts glow with a honey-gold hue. Using a clear-glass shower enclosure makes the room seem larger and admits light into what would otherwise be a dark corner.



PHOTO: JOAN VANDEHISCHUIT REGIONAL EDITOR: SHARON HAVEN

Carving space from a closet provided room to craft a storage-packed desk.

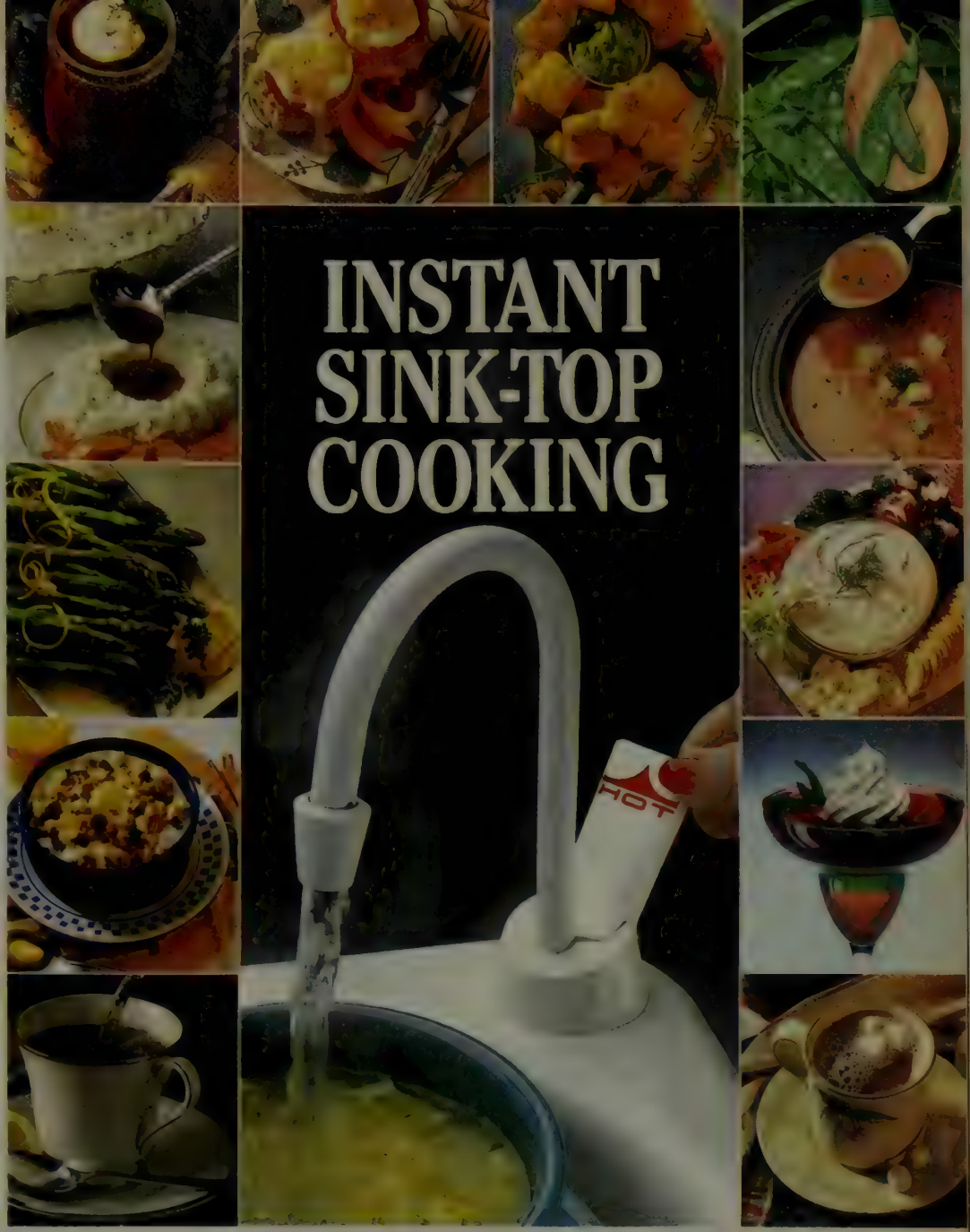
A kitchen desk for a tight space

A kitchen desk is the ideal spot to pay the bills, sort the mail, and pen some letters. But where do you find the room to put one?

Taking their cues from a set of built-in bookshelves in the kitchen, homeowners Peter and Laura Wile borrowed room from the coat closet in the adjacent hallway. Because the desk is partially recessed into the closet, it eats up only a tiny bit of this modest-size kitchen's floor area.

The desk's clever design takes full advantage of the tight quarters. Plenty of cubbyholes and dividers offer an easy way to keep office supplies within reach. Generous storage includes two full-size file drawers for organizing the couple's paperwork. A built-in fluorescent fixture shines light on the desktop. This hardworking desk is as stylish as it is practical. Made from naturally finished maple, with walnut-stained drawer panels, the desk has the beauty of fine furniture.

By matching the desk's doors and hardware to the kitchen cabinets, the Wiles ensured that the project blends with its surroundings. BH&G



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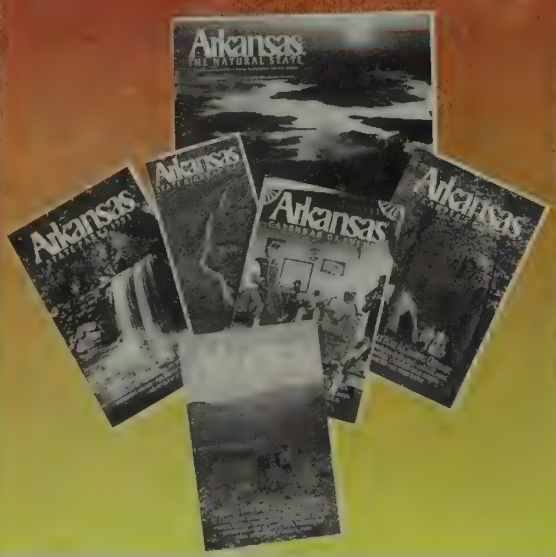


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kitchens and baths

special section

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BUYING GUIDE

Most of the products shown editorially in this *Better Homes and Gardens*® special kitchen and bath section can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

A KITCHEN THAT INVITES THE VIEW

Page Z2: Refrigerator—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53711; 800/222-7820. **Dishwasher**—Frigidaire Co., 6000 Perimeter Dr., Dublin, OH 43017. **Cooktop and vent**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109-7202. **Sink**—Luwa, UNR Home Products, P.O. Box 1010, Ruston, LA 71273; 800/637-6485. **Countertops**—International Paper Co., Nevamar Div., 8339 Telegraph Rd., Odenton, MD 21113. **Faucet**—Grohe America, Inc., 900 Lively Blvd., Wood Dale, IL 60191. **Recessed lighting**—Juno Lighting, 2001 S. Mt. Prospect Rd., Des Plaines, IL 60018; 800/323-5068. **Windows**—Pozzi Wood Windows Co., P.O. Box 5249, 62845 Boyd Acres Rd., Bend, OR 97708; 800/821-1016.

A STYLISH KITCHEN PACKED WITH PRACTICALITY

Page Z4: Refrigerator—Sub-Zero Freezer Company, P.O. Box 4130, Madison, WI 53711; 800/222-7820. **Oven**—Gagenau USA Corporation, 425 University Ave., Norwood, MA 02062. **Sinks and faucets**—Kohler Company, Kohler, WI 53044. **Bar stools**—DIVA, 8818 Beverly Blvd., Los Angeles, CA 90048.

A STUNNING BATH FOR TWO

Page Z6: Fiberglas double whirlpool bathtub—Americh, 13222 Saticoy St., North Hollywood, CA 91605. **Glass block**—Pittsburgh Corning, 800 Presque Isle Dr., Pittsburgh, PA 15239; 800/992-5769. **White ceramic tile**—American Olean Tile Company, 1000 Cannon Ave., Lansdale, PA 19446.

A BATH BUILT FOR KIDS

Page Z8: Hand-painted tiles—Art Tile, 8503 Roosevelt Way, NE, Seattle, WA 98115. **Plumbing fixtures**—Kohler Company, Kohler, WI 53044. **Faucets**—Grohe America, Inc., 900 Lively Blvd., Wood Dale, IL 60191. **Glass block**—Pittsburgh Corning, 800 Presque Isle Dr., Pittsburgh, PA 15239; 800/992-5769. **Laminate**—Wilsonart, 600 General Bruce Dr., Temple, TX 76504. **Lighting**—Lightolier, Incorporated, 100 Lighting Way, Secaucus, NJ 07094.

BIG IDEAS FOR A SMALL BATH

Pages Z10–Z11: Sink—Kohler Company, Kohler, WI 53044. **Faucets**—Grohe America, Incorporated, 900 Lively Blvd., Wood Dale, IL 60191. **Ceramic floor tile**—Summitville Tile Incorporated, P.O. Box 73, Summitville, OH 43962. **Solid-surface counters**—Du Pont Corian, Solid Surface Products, Du Pont Company, Room G-50990, Wilmington, DE 19898. **Sconces**—Design Galleries, 1628 Merchandise Mart, Chicago, IL 60654. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763.

HOW TO BRIGHTEN A DARK, DREARY KITCHEN

Page Z15: Counters by sink—Du Pont Corian, Solid Surface Products, Du Pont Company, Room G-50990, Wilmington, DE 19898. **Refrigerator**—Sub-Zero Freezer Company, Incorporated, P.O. Box 4130, Madison, WI 53711; 800/222-7820. **Sink**—Franke, Incorporated, Kitchen Systems Division, 212 Church Rd., North Wales, PA 19454; 800/626-5771. **Ceiling fan**—Hunter Fan Company, 2500 Frisco Ave., Memphis, TN 38114.

LIGHT-SHARING BATH REMODEL

Page Z16: Sinks—American Standard, Incorporated, 1 Centennial Plaza, P.O. Box 6820, Piscataway, NJ 08854-6820; 800/821-7700. **Bathtub**—Jacuzzi Whirlpool Bath, 100 N. Wiget Lane, Drawer J, Walnut Creek, CA 94596; 800/678-6889. **Windows**—Andersen Corporation, P.O. Box 12, Bayport, MN 55003. **Ceiling lights**—Juno Lighting, 2001 S. Mt. Prospect Rd., Des Plaines, IL 60018; 800/323-5068. **Shower faucet**—Grohe America, Incorporated, 900 Lively Blvd., Wood Dale, IL 60191.

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Bertolli Risotto e Gamberetti Risola

2 Tbsp. Bertolli Classico Olive Oil
2 Tbsp. diced red onion
1-1/4 cups imported or domestic medium [illegible] grain white rice
[illegible] dry white wine
[illegible] chicken broth, [illegible]
12 oz. shrimp, shelled and deveined
1 cup peas
1 tsp. julienne lemon rind
1 Tbsp. fresh lemon juice
1/2 tsp. salt, or more to taste
Freshly ground black pepper, to taste
Finely chopped fresh basil or Italian parsley

1. [illegible] Olive Oil in a large saucepan over low heat. Add onion. C[illegible] Stir in rice and coat with the oil.
2. Add [illegible] at high heat until almost evaporated. Stir in 1 cup of th[illegible] broth is absorbed. Continue adding broth, about 1/2 cup at [illegible] portion should be absorbed before adding the next. Wit[illegible], peas, lemon. Cook, uncovered, stirring constantly [illegible] to the bite, the dish is moist and creamy. [illegible] Add remaining 1 Tbsp. Bertolli Olive Oil [illegible] to taste
3. Arrange [illegible] y and basil. Se[illegible]

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THIS MONTH'S WINNERS

(see pages 137 and 138)
All winners received a WEST BEND electric skillet.

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etty Cornelison, *Portland, Oreg.*
erry Thompson, *Aiea, Hawaii*

$100 Winners:
iana Elliott, *Rolling Hills, Calif.*
obbie Melton, *Washington, D.C.*

Honor Roll Winners:
everly Batty, *Minneapolis, Minn.;*
olly Donnelly, *Omaha, Nebr.;*
elanie Kirdasi, *Charlotte, N.C.;*
armela M. Meely, *Walnut Creek, alif.;* Lou Scarpelli, *Canton, Mich.;*
vonne Sterni, *Stockton, Calif.*

HINTS FOR THIS MONTH'S CATEGORIES

Quick and Easy Suppers: What's your family's favorite lickety-split supper? Do you count on a swift-to-make oven casserole? Or, how about an easy micro-cooked or one-skillet supper?

Rhubarb Desserts: When rhubarb grows abundant in the spring, what sweet creation do you fix? Pies, tarts, cakes, or any rhubarb delight your family can't resist qualifies.

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, print your name, address, and recipe marked "April Quick and Easy Suppers" or "April Rhubarb Desserts." Specify brands and recipe origin. **3.** Address recipes to 9404 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. **4.** Postmark all entries by September 30, 1993. **5.** Winners will be selected about 60 days later, then notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes. BH&G

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by Christi Woodend - *Fashion Model*



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eating. *right*

here's how *you* can do it

BY KRISTI FULLER, R.D.

What happened to the Hollingsworth family could happen to anyone. Caught in a whirlwind schedule of work, school, and activities, they seldom found time to eat right and keep fit. Mel, 42, and Joani Hollingsworth, 40, realized that their eating habits could lead to health problems for themselves and their children. "We wanted to change," said Joani, "but we weren't sure how." With a little help from their friends at *Better Homes and Gardens*®, here's how they discovered a better way of eating and a new way of life.



POTATO BACON SOUP
Recipes begin on page 127.



Meet the Hollingsworth family: Mel, Joani, Megan, Libby, and Zach. Sixteen months ago they began to learn how to change their high-fat, high-calorie eating habits. Today, they look and feel better than ever! Mom Joani has even lost 25 pounds!

eating. *right*

IDENTIFY WEAK AREAS

The first step the Hollingsworths took was identifying what needed changing. To do this, everyone in the family, even 6-year-old Zach, kept a "diet diary" of every single thing they ate for one week. The diaries revealed their problem areas. Because the whole family skipped meals and ate too many high-fat snacks, they concentrated on attacking these weaknesses first. "Going out for ice cream two or three times a week was normal," says Libby. "Now we have it maybe once a week, and we look for low-fat frozen yogurts. We didn't before!"

"Zach was worried that we wouldn't be able to eat our favorite foods ever again. I assured him that we could. Moderation is our new motto."

—Joani Hollingsworth



With the advice from *BH&G*® Food Editor Kristi Fuller, a registered dietitian, the Hollingsworths adopted a whole new eating plan.

SET MANAGEABLE GOALS

Early on, the Hollingsworths held a family powwow. They all agreed to eat on a more regular schedule and set a goal to have dinner at home together at least three times a week. Next came what Joani called "the fun part." New, more healthful recipes were put to the test. Mel, admitting to being a picky eater, said, "I was amazed at how good the lower-fat recipes tasted."

Joani also wanted to lose weight (permanently) and get more exercise. She set a modest, but obtainable, weight-loss goal. Because a person's weight fluctuates so much from day to day, Joani weighed herself monthly. "Weighing monthly, rather than weekly, took the pressure off," she says.

SPINACH SALAD
A homemade citrus-flavored dressing and mandarin oranges spruce up this salad favorite.



VEGETABLE PIZZA
This healthful, updated party snack overflows with colorful veggies.

MEL'S SPAGHETTI
Lean ground turkey and Italian spices replace higher-sodium and higher-fat sausage.

Recipes begin on page 127.

eating. *right*



Lightened up recipes featured in this story had to first earn the status of "a keeper" from the Hollingsworths.

MAKE WISER CHOICES

Food labels became a vital tool in helping the family shop smarter. After learning how to read labels to recognize lower-fat options, Joani began adapting favorite family recipes to make them more healthful. "You really can cut back on oil or fat used in recipes without much change in flavor. Many times I substitute lower-fat products, such as light sour cream, and no one even notices," she says.

The oldest children, Megan and Libby, got into the label-reading act too. "I now look for snacks that say 'low-fat' on the label," Libby says.

TAKE YOUR TIME

"It has taken time, but our eating styles have really changed . . . forever," Joani says. "I realize now that you can't change your habits overnight." She began first by revising their favorite recipes to be more healthful. And, she slowly incorporated new foods into meals, such as a fish entrée or a vegetable they'd never tried before. Because both Joani and Mel set a goal to exercise more, they gradually increased the time spent exercising.



ORANGE-CHOCOLATE CAKE

When the family craves dessert, what could be easier than starting with a cake mix? We used orange juice, less oil, and low-fat yogurt to reduce the fat.



PIZZA FISH FILLETS
The Hollingsworth kids love pizza. We took those flavors and combined them with fish.

Recipes begin on page 127.

"Learning how to eat better and fit exercise into our schedule has been well worth it... and surprisingly, not that hard." —Mel Hollingsworth



MEXICAN STROMBOLI
Easy enough for kids to make. So good, the whole family will like it.

"As a family, we've been amazed at how good the healthier recipes taste."

—Joani Hollingsworth

eating. *right*



The Hollingsworth children, Zach, age 6, Megan, 10, and Libby, 12, often pitch in at mealtime. This makes them more enthusiastic about trying new foods.

WERE THE CHANGES WORTH IT?

For Joani, the changes they've made have resulted in a loss of 25 pounds—without feeling deprived or having to eat foods that differ from the rest of the family. She now realizes that changing her eating habits and adopting a healthful eating plan—not going on a diet—is the secret to long-term changes. Having tried numerous weight-loss diets, she has lost and gained more weight than she cares to remember. "I have been up and down in weight since I was 15," she says. "Now that I'm 40, I think I've finally learned the secret. I'm a slow learner, but a thankful one!"

In thinking about the past year, Mel remembers a saying that expresses his feelings: " 'As the twig is bent, so grows the tree.' Joani and I are role models for our children. We don't want them to fight weight or health problems. Teaching our children good eating habits will affect them for the rest of their lives."



HAM AND BLACK-EYED PEA SOUP
Need an easy dinner for a busy family schedule? Serve this crockery-cooked soup when you walk in the door.

Recipes begin on page 127.

eating. *right*





12 STEPS TO A LIFETIME OF HEALTHFUL EATING

These tips helped the Hollingsworths turn their decision to change their eating habits into reality. They can help you and your family too.

1. Take stock. Inventory your eating habits and the items in your pantry. Write down all of the foods you eat for one week and how much you eat of them. All family members must participate. Review your diaries to see what high-fat foods you eat, then seek out alternatives. Do you eat too many chips for snacks? Eat pretzels instead. Do you love ice cream? Try frozen nonfat yogurt or ice milk. You don't have to eliminate your favorite foods. Just learn to have them less often or choose a lower-fat version.

2. Keep a journal. Joani found a journal helpful in tracking their progress. When someone raved about her new, slim self, for example, she wrote it down. When the family tried a new healthful recipe and the comments were, "Great! It's a keeper!" she jotted down their reactions. If she was feeling discouraged, she'd read her journal to remind herself how far she and her family had come.

3. Learn the basics. Find a good book on how to eat healthfully. Books such as *The New American Diet System* or *The American Heart Association Cookbook* are two examples. They can help you learn how to reduce fat in your meals.

4. Read labels. Zero in on the fat content of foods. For a 2,000 calorie a day diet, strive to eat less than 65 grams of fat. When reading labels, keep that total daily gram number in mind for comparison. If a food has 25 grams of fat, realize that this amount is nearing half your daily fat allowance. If this is how you want to spend your fat budget, be sure to choose low-fat foods the rest of the day.

5. Plan healthful snacks for kids. For children older than age two, the American Academy of Pediatrics recommends providing a diet similar to the diet recommended for adults (no more than 30% of calories coming from fat). Children over age two can eat the same lower-fat foods as the rest of the family. Just make sure to watch their weight. Children should not lose weight. They may need healthful snacks (for example, low-fat cheese and wheat crackers, skim milk and fruit muffins, or fresh fruit) several times a day to make up for their high-energy needs.

6. Plan ahead. Take it from Joani: "Things go to pot when I haven't taken the time to plan meals." Sit down and plan a menu for the week and make a grocery list. It will take the stress out of weekday cooking and leave less chance for running out for fast food or making less healthful meals.

7. Be realistic. It takes time to break old habits. Make your changes a little at a time. Begin eating on a regular schedule. No meal skipping allowed! Limit snacks to certain times of the day. Make a promise to exercise at least three times a week. Try cutting back the amount of margarine or butter in favorite recipes or using the lower-fat alternatives in place of foods your family likes, such as high-fat dressings or cheeses. If you're trying to lose weight, set a reasonable goal, such as no more than 5 pounds per month. Setting your goals too high can lead to letdown and the feeling of failure.

8. Stick with the familiar. Don't change your whole menu by throwing out all the recipes your family loves. Improve on those favorites. Cut the amount of cheese used, bake meats rather than fry them, and look for other ways to cut fat from recipes. Then, add some new healthful recipes to the menu for fun. *(For fat-cutting ideas on the Hollingsworth family's favorite recipes, see recipes beginning on page 127.)*

9. Involve the family in planning. Armed with new health-focused cookbooks, Joani asked each child to choose new recipes they wanted to try. It became fun for the whole family to try the new recipes they had chosen. If your child is old enough, allow them to make some of the recipes.

10. Expect setbacks. Nobody is perfect. Everyone has times when they don't want to think about eating at all—never mind how healthful. That's OK. Just keep a positive attitude. It's not the end of the world if you have had a less than healthful meal. Forget it and move forward.

11. Reward yourself and your family. Do something for the whole family. Go see a movie or save for a vacation.

12. Seek support. If, like Joani, you're trying to lose weight as well as change your eating habits, you may need someone who can help you get started. A registered dietitian can lend you support, advice on choosing foods wisely, and guidance. If you'd like to find a registered dietitian in your area, call The American Dietetic Association, **800/366-1655.**

Two cookbooks Joani found helpful in planning healthful menus included *Better Homes and Gardens Family Favorites Made Lighter* ($24.95) and *New Dieter's Cook Book* ($39.95). To order either of these books, write to: Better Homes and Gardens Books P.O. Box 132, Des Moines, IA 50336. Or, look for them at most bookstores.

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NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition facts. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein help you keep tabs on what you eat. Also, check the vitamin A, vitamin C, calcium, and iron per serving. These are noted in percentages of Daily Value. Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

The analysis is calculated using two-percent milk, unless noted.

When ingredient choices appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

WHAT YOU NEED

Use our analysis to chart the nutrition value of foods you eat. The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive for each day:

Calories: About 2,000
Fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary Fiber: 20 to 30 grams

There's no real harm in going over or under these guidelines in any single day, but aim for a balanced diet.

SEPTEMBER RECIPE INDEX

EATING RIGHT

Beef Ragout 130
Cheesy Chicken Casserole . . 128
Chocolate Icing 132
Ham and Black-Eyed Pea Soup 135
Mel's Spaghetti 128
Mexican Stromboli 134
Spinach Salad 128
Orange-Chocolate Cake . . . 132
Orange Icing 132
Pizza Fish Fillets 130
Potato Bacon Soup 127
Refrigerator Apple Muffins . . 132
Vegetable Pizza 130
Wild Rice and Chicken Bake . 128

PRIZE TESTED RECIPES

Banana Streusel Pie. 137
Ham and Potato Au Gratin . . 138
Mango Cream Pie 138
Pork and Green Chili Casserole 137

EATING-RIGHT RECIPES

continued from page 124

POTATO BACON SOUP

This Hollingsworth favorite now has 20 fewer grams fat and 195 fewer calories per serving—

Nonstick spray coating
2 medium onions, chopped
½ of a 6-oz. pkg. Canadian-style bacon, chopped (about ½ cup)
2 cups water
4 medium potatoes, cubed (about 1¼ lb.)
1 12-oz. can evaporated skim milk
1 ½-oz. pkg. butter-flavored seasoning mix
¼ tsp. salt
⅛ tsp. pepper
Low-fat *or* nonfat dairy sour cream (optional)
Snipped fresh chives (optional)

● **Spray a 3-quart saucepan** with nonstick coating. Add the chopped onions and bacon. Cook and stir over medium heat till onion is tender but not brown.

● **Stir in the water and potatoes.** Bring to boiling; reduce heat. Cover and simmer for 10 to 15 minutes or till the potatoes are just tender.

● **Using a potato masher** or a large fork, slightly mash some of the potatoes. Stir in the evaporated milk, butter-flavored seasoning mix, salt, and

continued on page 128

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SWEEPSTAKES RULES:

1. Contest is open to U.S. residents 18 years of age and older, except employees of Kikkoman and Meredith Corporation, their affiliates, subsidiaries and families.
2. Clearly type or print your name and address on entry form or a postcard.
3. Send entries to "America Discovers Kikkoman," P.O. Box 7274, Clinton, IA 52736.
4. All entries must be postmarked no later than November 30, 1993. No responsibility is assumed for lost, late or misdirected entries.
5. Winners will be selected by a random drawing from all entries received on or about December 15, 1993, and will be notified by mail.
6. Entry constitutes permission to use winner's name and hometown for promotional purposes. Winner will be required to sign Affidavit of Eligibility, and winner and travel companion will be required to sign a Release of Liability within 10 days of notification.
7. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes, if any, are the sole responsibility of the winners.
8. Trip subject to availability and must be started no later than December 31, 1994. Trip includes airfare and accommodations for two people for six nights to any city in the continental U.S. An allowance of $1,000 for dining and activities is included in the award. Total value of award: up to $5,000.
9. For a list of prizewinners (available after December 15, 1993) include a separate, self-addressed stamped envelope with entry.
10. Odds of winning depend on the number of entries received.
11. One entry per household.

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BHG

EATING-RIGHT RECIPES

continued from page 127

pepper. Cook and stir over medium heat till heated through. *Do not boil.*

● **To serve, ladle soup** into bowls. Top with sour cream and chives, if desired. Makes 6 main-dish servings.

Nutrition facts per serving: *181 cal., 2 g total fat (1 g sat. fat), 11 mg chol., 391 mg sodium, 32 g carbo., 11 g pro.*



Either of these casseroles will save the day. Both are healthful and economical.

CHEESY CHICKEN CASSEROLE

The Hollingsworths thought this make-over of their favorite recipe tasted better than the original!

Nonstick spray coating
1 8-oz. pkg. light cream cheese (Neufchâtel), softened
1½ cups skim milk
1 10¾-oz. can reduced-sodium condensed cream of chicken soup
1 16-oz. pkg. frozen mixed vegetables, such as broccoli, cauliflower, and carrots (about 4 cups), thawed
2 cups cubed cooked chicken
1 cup quick-cooking brown rice
⅓ cup grated Parmesan cheese
¼ tsp. pepper
⅛ tsp. garlic powder (optional)
1 Tbsp. toasted wheat germ

● **Spray a 2-quart round casserole** with nonstick coating. Place cream cheese in the casserole; stir in the milk. Stir in the soup till well-blended, then add the thawed vegetables, cooked chicken, uncooked rice, *half* of the Parmesan cheese, the pepper, and, if desired, the garlic powder.

● **Bake, covered, in a 350° oven** for 30 minutes. Stir. Sprinkle with the remaining Parmesan cheese and the wheat germ. Bake, uncovered, about 20 minutes more or till heated through. Makes 6 main-dish servings.

Nutrition facts per serving: *333 cal., 16 g total fat (8 g sat. fat), 84 mg chol., 566 mg sodium, 22 g carbo., 26 g pro.*

WILD RICE AND CHICKEN BAKE

1 6¼-oz. pkg. quick-cooking long grain and wild rice
1½ cups water
1 10¾-oz. can reduced-sodium condensed cream of mushroom soup
1 8-oz. can sliced water chestnuts, drained
¾ cup frozen peas
1 medium carrot, shredded
3 whole medium chicken breasts (about 2 lb. total), skinned, boned, and halved lengthwise
⅛ tsp. paprika
⅛ tsp. pepper

● **Place uncooked rice** and *half* of the flavor packet (about 1½ tablespoons*) in a 3-quart rectangular baking dish. Stir in water, soup, water chestnuts, frozen peas, and carrot. Arrange chicken over rice. Sprinkle chicken with paprika and pepper.

● **Bake, covered, in a 350° oven** about 50 minutes or till chicken and rice are tender. Let stand, covered, 10 minutes. Makes 6 main-dish servings.

**Note:* Use remaining seasoning for another meal by stirring it into rice.

Nutrition facts per serving: *151 cal., 4 g total fat (1 g sat. fat), 46 mg chol., 504 mg sodium, 34 g carbo., 1 g fiber, 21 g pro. Daily Value: 35% vit. A.*

SPINACH SALAD

We substituted pasteurized reduced-cholesterol egg product for raw eggs in the original dressing. Look for this egg product next to regular eggs in the dairy case of your supermarket—

7 cups torn fresh spinach
1½ cups sliced fresh mushrooms (about 4 oz.)
¼ cup sliced green onion (about 2 onions)
1 11-oz. can mandarin orange sections, drained
3 slices turkey bacon, diced
¼ cup refrigerated reduced-cholesterol egg product *or* frozen egg product, thawed
2 Tbsp. lemon juice *or* herbed wine vinegar
2 Tbsp. salad oil
2 tsp. Dijon-style mustard
¼ tsp. sugar
¼ tsp. pepper
1 clove garlic, minced, *or* ⅛ tsp. garlic powder

● **In a large salad bowl combine** spinach, mushrooms, green onion, and orange sections; set aside. In a small skillet cook turkey bacon over medium heat till crisp. Remove from pan and drain on paper towels; set aside.

● **In a blender container** combine egg product, lemon juice or vinegar, oil, mustard, sugar, pepper, and garlic. Cover and process till combined, about 1 minute.

● **To serve, pour dressing** over the spinach mixture; toss gently to coat. Divide mixture among 6 salad plates. Top each serving with bacon pieces. Serve immediately. Makes 6 side-dish servings.

Nutrition facts per serving: *106 cal., 7 g total fat (2 g sat. fat), 12 mg chol., 227 mg sodium, 11 g carbo., 2 g fiber, 5 g pro. Daily Value: 46% vit. A.*

MEL'S SPAGHETTI

We revamped Mel's spaghetti specialty and made it more healthful. If you're busy, make a double batch using a 4-quart Dutch oven. Serve half now and freeze the rest in a freezer-safe container for up to 6 months—

Nonstick spray coating
1 lb. lean ground turkey *or* chicken
1 large onion, chopped (1 cup)
1 medium green pepper, chopped (¾ cup)
2 15-oz. cans low-sodium tomato sauce
2 4½-oz. jars sliced mushrooms, drained
1 6-oz. can Italian-style tomato paste
2 tsp. dried Italian seasoning, crushed
2 tsp. fennel seed, crushed
1 tsp. sugar
½ tsp. garlic salt
¼ tsp. black pepper
¼ tsp. ground red pepper (optional)
12 oz. spaghetti

● **Spray a 3-quart saucepan** with nonstick coating. Add the ground turkey or chicken, onion, and green pepper. Cook and stir over medium heat till meat is no longer pink and vegetables are tender. Drain.

continued on page 130

REAT IDEAS FOR

EALTHIER COOKING

ooking for a healthier dish to serve at an tumn get-together? You'll love the mouth-watering results you'll get from this tasty recipe made with California Ripe Olives. e the ad on this page for more information.) Plus, you can get a big discount on two **Better Homes and Gardens®** *cookbooks. Use the coupon below to order.*

FIESTA SHRIMP CHOWDER

- cup diced onion
- cup diced green bell pepper
- tsp. minced garlic
- Tbsp. olive oil
- lb. tiny peeled and cooked shrimp
- tsp. chili powder
- can condensed tomato soup (10-3/4 oz.)
- ½ cups chicken broth
- cups whole kernel corn, drained
- cup sliced California Ripe Olives

a medium saucepan saute onion, green pper, and garlic for 3 or 4 minutes. d shrimp and saute 1 minute. Reduce at to low. Add chili powder and cook minute. Add tomato soup, chicken broth, m, and olives. Heat just to a simmer. akes 6 servings.

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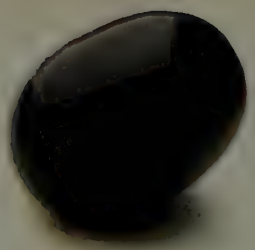
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EATING-RIGHT RECIPES

continued from page 128

● **Stir tomato sauce,** mushrooms, tomato paste, Italian seasoning, fennel seed, sugar, garlic salt, black pepper, and, if desired, ground red pepper into the meat mixture. Bring mixture to boiling; reduce heat. Cover and simmer for 30 minutes.

● **Meanwhile, cook spaghetti** according to package directions, *except* omit any cooking oil and salt; drain. Serve hot pasta with sauce. Makes 6 main-dish servings.

Nutrition facts per serving: *434 cal., 8 g total fat (2 g sat. fat), 28 mg chol., 690 mg sodium, 68 g carbo., 22 g pro.*

VEGETABLE PIZZA

The multigrain biscuit crust adds a delicious whole wheat flavor to this good-for-you snack—

Nonstick spray coating
- **1 pkg. (8) refrigerated multigrain biscuits *or* buttermilk biscuits**
- **½ of an 8-oz. pkg. light cream cheese (Neufchâtel), softened**
- **¼ cup reduced-calorie *or* nonfat mayonnaise *or* salad dressing**
- **½ tsp. dried dillweed**
- **⅛ tsp. onion powder**
- **⅛ tsp. garlic powder**
- **¾ cup chopped fresh spinach**
- **½ of a 7-oz. jar roasted red sweet peppers, drained and chopped (about ⅓ cup), *or* ⅓ cup diced pimiento**
- **2 cups desired fresh vegetables, such as broccoli flowerets, sliced carrot, jicama strips, sliced green onions, green pepper strips, chopped yellow summer squash *or* zucchini, *and/or* cauliflower flowerets**

● **Spray a 12-inch pizza pan** with nonstick spray coating. For crust, place 7 biscuits in the pan near the edge forming a circle; place 1 biscuit in the center. Using fingers, press biscuits in pan to form one single crust. Bake in a 375° oven for 12 to 15 minutes or till light brown. Cool in pan.

● **Meanwhile,** in a medium mixing bowl stir together cream cheese, mayonnaise or salad dressing, dillweed, onion powder, and garlic powder. Add spinach and red sweet pepper or pimiento, stirring just till combined.

● **Spread the cream cheese mixture** onto the cooled crust. Arrange vegetables atop cream cheese mixture. To serve, cut into wedges. Serve immediately. Or, cool then cover and chill up to 24 hours. Makes 12 snack servings.

Nutrition facts per serving: *99 cal., 5 g total fat (1 g sat. fat), 9 mg chol., 197 mg sodium, 12 g carbo., 1 g fiber, 3 g pro. Daily Value: 12% vit. A, 21% vit. C, 17% calcium, 37% iron.*



Richly-flavored Beef Ragout cooks atop the stove or in your crockery cooker.

BEEF RAGOUT

To enjoy lower-fat meals, you needn't cut red meat out of your diet. Just use lean cuts of meat and trim any fat—

- **1½ lb. boneless beef top round steak, cut 1 inch thick**

Nonstick spray coating
- **1 11-oz. can condensed cheddar cheese soup**
- **½ cup water**
- **¼ cup dried minced onion**
- **3 Tbsp. tomato paste**
- **½ tsp. lemon-pepper seasoning**
- **½ cup buttermilk**
- **1 Tbsp. cornstarch**
- **1 9-oz. pkg. frozen Italian-style green beans**
- **2 cups fresh small whole mushrooms, halved**
- **10 oz. fettuccine, cooked**

● **Trim fat from beef.** Cut meat into 1-inch pieces. Spray a *cold* 4-quart Dutch oven with nonstick coating. Preheat over medium heat. Brown meat, *half* at a time.

● **Return all meat to pan.** Stir in soup, water, onion, tomato paste, and lemon-pepper. Bring to boiling; reduce heat. Simmer, covered, for 1½ hours.

● **Stir together buttermilk** and cornstarch; stir into meat mixture. Add frozen green beans and mushrooms. Cover; simmer 10 to 15 minutes or till beans are crisp-tender. Serve over fettuccine. Makes 6 main-dish servings.

Crockery cooker directions: Brown meat as directed. Omit water and cornstarch. Place meat in a 3½- or 4-quart crockery cooker. (See note, page 135.) In a bowl combine soup, onion, tomato paste, and lemon-pepper seasoning. Pour mixture over the meat. Add mushrooms. (*Do not* add green beans or buttermilk at this point.)

Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

To serve, if cooking on low, turn crockery cooker heat to high. Run frozen beans under cold running water to separate; add to crockery cooker. Stir in buttermilk. Cook, covered, on high-heat setting for 30 minutes more. Serve as directed.

Nutrition facts per serving: *470 cal., 12 g total fat (5 g sat. fat), 86 mg chol., 614 mg sodium, 52 g carbo., 1 g fiber, 38 g pro. Daily Value: 37% iron.*

PIZZA FISH FILLETS

Health experts say we all need to eat more fish. That's easy when it's as tasty as these fillets—

- **1½ lb. fresh *or* frozen fish fillets (such as haddock, cod, *or* orange roughy), ½ to ¾ inch thick**

Nonstick spray coating
- **½ tsp. lemon-pepper seasoning**
- **2 cups sliced fresh mushrooms**
- **1 medium green pepper, chopped (1 cup)**
- **1 medium onion, chopped**
- **¼ cup water**
- **1 8-oz. can pizza sauce**
- **½ cup shredded part-skim mozzarella cheese (2 oz.)**

Hot cooked spinach fettuccine

● **Thaw fish, if frozen.** Cut the fish into 6 serving-size pieces. Spray a 2-quart rectangular baking dish with nonstick coating. Measure the thickness of the fish. Place fish in the prepared baking dish, tucking under any thin edges. Sprinkle with the lemon-pepper seasoning.

● **Bake fish,** uncovered, in a 450° oven till fish just flakes easily with a fork (allow 6 to 9 minutes per ½ inch thickness). Drain off any liquid.

● **Meanwhile, in medium saucepan** cook mushrooms, green pepper, and onion in the ¼ cup water, covered, about 5 minutes or just till tender. Drain; add pizza sauce. Heat through.

continued on page 132

Chili Chicken Success

1 pound skinless, boneless chicken breast halves or turkey tenderloin steaks, cut into 6 pieces
1 tablespoon cooking oil
1 medium onion, chopped
1 small green sweet pepper, chopped
1 small red sweet pepper, chopped
1 clove garlic, minced
1 (15-ounce) can Hormel® Chili No Beans
1 (14.5-ounce) can Mexican recipe stewed tomatoes
1 bag Success® Rice, prepared
Dash hot pepper sauce
¾ cup shredded Monterey Jack cheese with peppers

In large skillet, sauté poultry in oil until no longer pink; set aside. In same skillet, cook onion, peppers, and garlic until tender. Drain. Stir in chili and stewed tomatoes. Add rice and pepper sauce. Arrange chicken on top of mixture. Simmer 10 minutes. Top with shredded cheese. Serves 6.

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Success Rice

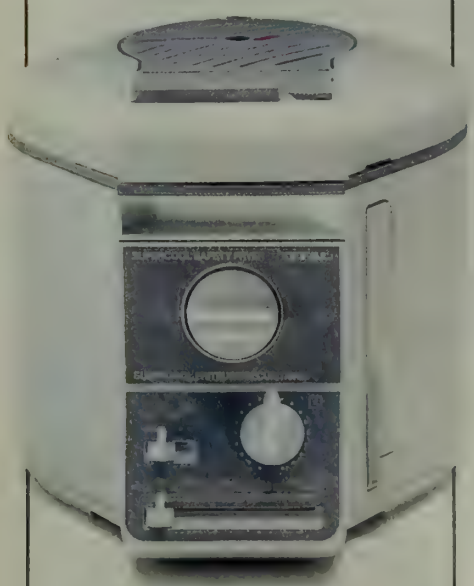
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EATING-RIGHT RECIPES

continued from page 130

● **Spoon sauce over fish.** Sprinkle with cheese. Bake 1 minute more or till cheese is melted. Serve with fettuccine. Makes 6 main-dish servings.

Nutrition facts per serving: *159 cal., 4 g total fat (1 g sat. fat), 50 mg chol., 585 mg sodium, 9 g carbo., 23 g pro.*

ORANGE-CHOCOLATE CAKE

Unsweetened cocoa powder
1 pkg. 2-layer-size devil's food cake mix
1 8-oz. carton low-fat *or* nonfat plain yogurt
2 Tbsp. finely shredded orange peel
½ cup orange juice
1 egg
2 egg whites
2 Tbsp. cooking oil
1 tsp. ground cinnamon
1 recipe Chocolate Icing
1 recipe Orange Icing

● **Spray a 10-inch fluted tube pan** or a 13x9x2-inch baking pan with nonstick coating; dust with unsweetened cocoa powder. Set aside.

● **In a large mixer bowl combine** cake mix, yogurt, orange peel, orange juice, egg, egg whites, cooking oil, cinnamon, and ½ cup *water.* Beat with an electric mixer on low speed for 4 minutes. Pour into prepared pan.

● **Bake in a 350° oven** for 40 to 50 minutes for fluted pan or 35 to 40 minutes for a 13x9x2-inch baking pan or till a toothpick inserted near center comes out clean. Cool in pan 10 minutes. Remove cake from tube pan, if using; cool completely. Drizzle icings over cake. Makes 12 servings.

Chocolate Icing: In a small bowl combine ½ cup sifted *powdered sugar,* 1 tablespoon *unsweetened cocoa powder,* 2 teaspoons *orange juice,* and ¼ teaspoon *vanilla.* Stir in additional *orange juice* till of drizzling consistency. Makes about 2 tablespoons.

Orange Icing: In another small bowl combine ½ cup sifted *powdered sugar,* 1 teaspoon *orange juice,* and ¼ teaspoon *vanilla.* Stir in additional *orange juice* till of drizzling consistency. Makes about 2 tablespoons.

Nutrition facts per serving: *267 cal., 8 g total fat (3 g sat. fat), 36 mg chol., 428 mg sodium, 46 g carbo., 4 g pro.*



There's nothing better than a warm apple muffin for breakfast.

REFRIGERATOR APPLE MUFFINS

Stir up the muffin batter and keep it on hand in the refrigerator. Make as many muffins as you want on a just a moment's notice—

1½ cups multigrain oatmeal (with rolled rye oats, barley, and wheat)
1 cup whole wheat flour
1 cup packed brown sugar
¾ cup all-purpose flour
⅓ cup toasted wheat germ
1 Tbsp. baking powder
1 Tbsp. apple pie spice
½ tsp. baking soda
½ tsp. salt
1½ cups chopped baking apple (such as Jonathan, Granny Smith, *or* Golden Delicious)

• • •

1¼ cups skim milk
⅓ cup cooking oil
3 slightly beaten egg whites *or* 2 slightly beaten eggs
Coarse sugar *or* granulated sugar

● **In a large mixing bowl combine** the multigrain oatmeal, whole wheat flour, brown sugar, all-purpose flour, wheat germ, baking powder, apple pie spice, baking soda, and salt; stir to combine. Add the chopped apple; stir to coat with flour mixture.

● **In a small mixing bowl combine** the milk, cooking oil, and egg whites or whole eggs. Add to the flour mixture; stir just till moistened. Place the muffin batter in an airtight container; cover and seal. Store batter, refrigerated, for up to 3 days.

● **To bake, spray** a 6- or 12-cup muffin pan with nonstick coating or line with paper bake cups. Gently stir batter. Spoon the batter into the cups, filling cups full. Sprinkle muffin tops with some of the sugar.

continued on page 134

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EATING-RIGHT RECIPES

continued from page 132

● **Bake in a 400° oven** for 18 to 20 minutes or till done. Cool slightly on a rack. Serve warm. Makes 18 muffins.

Microwave directions: Line desired number of 6-ounce custard cups or a microwave-safe muffin pan with paper bake cups. For each muffin, spoon *2 slightly* rounded *tablespoons* of batter into the cups. For custard cups, arrange the cups in a ring on a large plate. Cook, uncovered, on 100% power (high) for specified time (see timings *below*) or till done, giving the plate a half-turn every minute. (To test muffins for doneness, scratch the surfaces with a wooden pick. The muffins should be cooked underneath.)

If using custard cups, remove each muffin from the oven as it becomes done. Remove muffins from the cups or pan. Let stand on wire rack for 5 minutes. Serve warm.

Microwave muffin cooking times:

For 1 Muffin: Cook on high for 30 to 60 seconds.
For 2 Muffins: Cook on high for 1 to 2 minutes.
For 4 Muffins: Cook on high for 1½ to 2½ minutes.
For 6 Muffins: Cook on high for 2 to 3½ minutes.

Nutrition facts per muffin: *175 cal., 5 g total fat (1 g sat. fat), 24 mg chol., 120 mg sodium, 29 g carbo., 1 g fiber, 4 g pro. Daily Value: 2% vit. A, 0% vit. C, 4% calcium, 10% iron.*

MEXICAN STROMBOLI

For these stuffed pizza dough bundles, Joani makes the most of fat-free beans and salsa and opts for low-fat cheeses and lean ground turkey—

1 lb. lean ground turkey *or* ground beef
1 15-oz. can dark red kidney beans *or* pinto beans, rinsed and drained
1½ cups salsa
Nonstick spray coating
2 10-oz. pkg. refrigerated pizza dough
¾ cup shredded low-fat Monterey Jack cheese (3 oz.)
Milk
1 Tbsp. yellow cornmeal

● **For filling, in a large skillet cook** the turkey or beef till no longer pink; drain off fat. Stir in *half* of the beans and all of the salsa. Mash the remaining beans with a fork or potato masher; add beans to the meat mixture. Bring to boiling; reduce heat. Simmer, uncovered, about 5 minutes or till most of the liquid has evaporated. Cool about 5 minutes.

● **Spray** a 15x10x1-inch baking pan with nonstick coating; set aside. On a lightly floured surface, roll one sheet of pizza dough into a 12x10-inch rectangle. Trim dough to a 10-inch square, reserving trimmings.

● **Spoon *half* of the shredded cheese** down the center of the dough square. Spoon *half* of the meat mixture over the cheese. Moisten the dough edges with milk. Bring the side edges of dough together over the filling; stretch and pinch to seal well. Fold the ends up and over the seam; seal well. Repeat with remaining dough, cheese, and meat to make another stromboli roll.

● **Arrange stromboli rolls,** seam side down, on the prepared baking pan. Prick the tops with a fork. Brush the tops with milk. If desired, cut trimmings with a knife or small cookie cutter into shapes (such as stars, half-moons, or flowers).

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Place the shapes atop rolls; brush shapes with milk. Sprinkle the tops of the rolls with cornmeal. Bake, uncovered, in a 375° oven for 25 to 30 minutes or till light brown. Makes 8 main-dish servings.

Note: For any leftovers, wrap cooled stromboli in foil and refrigerate up to three days. To reheat, place *unwrapped* stromboli on a baking pan. Bake in a 375° oven about 25 minutes or till heated through.

Nutrition facts per serving: *424 cal., 13 g total fat (3 g sat. fat), 29 mg chol., 749 mg sodium, 59 g carbo., 5 g fiber, 22 g pro.*

HAM AND BLACK-EYED PEA SOUP

¾ lb. dry black-eyed peas *or* navy beans (2 cups)
2 14½-oz. cans reduced-sodium chicken broth
1½ cups water
6 oz. reduced-sodium ham, cut into ½-inch pieces (about 1 cup)
4 medium carrots, sliced ½ inch thick (2 cups)
2 stalks celery, sliced (1 cup)
¼ cup dried minced onion
1 tsp. dried sage, crushed
1 tsp. dried thyme, crushed
¼ tsp. ground red pepper
1 Tbsp. lemon juice

● **In a 3-quart saucepan** bring 4 cups *water* and black-eyed peas or navy beans to boiling. Boil, uncovered, for 10 minutes. Drain and rinse.

● **In a 4-quart electric slow crockery cooker combine** broth, the 1½ cups water, ham, carrots, celery, onion, sage, thyme, and red pepper. Stir in *drained* peas or beans.

● **Cover; cook on low-heat setting** for 11 to 12 hours or on high-heat setting for 4½ to 5½ hours. To serve, stir in the lemon juice. Makes 6 main-dish servings.

Range-top directions: In a 4-quart Dutch oven bring 4 cups *water* and black-eyed peas or beans to boiling. Boil, uncovered, for 10 minutes. Drain and rinse; return peas or beans to Dutch oven. Stir in remaining ingredients *except* lemon juice; bring to boiling. Reduce heat to medium-low and simmer, covered, for 45 to 50 minutes or till peas or beans are tender, stirring occasionally. Stir in lemon juice.

Nutrition facts per serving: *251 cal., 3 g total fat (0 g sat. fat), 12 mg chol., 753 mg sodium, 41 g carbo., 9 g fiber, 19 g pro.*

CROCKERY COOKER NOTE

Our crockery cooker recipes are tested only in cookers with heating elements that wrap around the sides of the pot. These pots have very low wattages and the elements remain on continuously during cooking. They can be identified by the heat control with one or two fixed settings, a *Low* and a *High*.

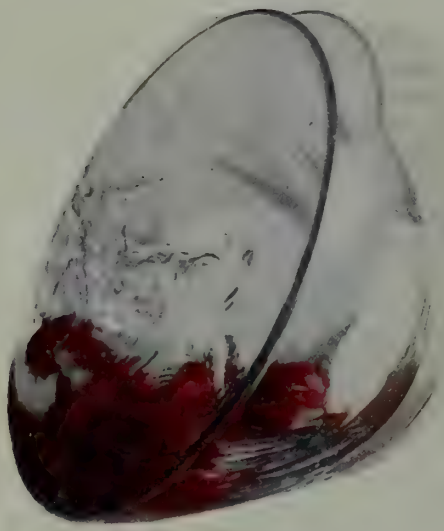
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TROPICAL FRUIT DESSERTS

File under Desserts or Pies
September, 1993



$200 WINNER *Terry Thompson, Aiea, Hawaii*

BANANA STREUSEL PIE

A banana lover's delight! The macadamia nut streusel makes this pie outstanding—

Pastry for single-crust pie
4 cups sliced ripe bananas (about 5)
½ cup unsweetened pineapple juice
2 Tbsp. lemon juice
1½ tsp. finely shredded lemon peel
¼ cup granulated sugar
½ tsp. ground cinnamon
1 tsp. cornstarch
½ cup all-purpose flour
½ cup packed brown sugar
⅓ cup chopped macadamia nuts *or* almonds
1 tsp. ground cinnamon
¼ cup margarine *or* butter

Prepare and roll out pie crust. Place pastry in a 9-inch pie plate. Line the unpricked pastry shell with a double thickness of foil. Bake in a 450° oven for 8 minutes. Remove foil. Bake 4 to 6 minutes more or till pastry is golden. Remove from oven. Reduce oven temperature to 375°.

Meanwhile, in a medium mixing bowl gently toss together bananas, pineapple juice, and lemon juice. Drain, reserving juices. Gently toss bananas with lemon peel, granulated sugar, and the ½ teaspoon cinnamon. Turn mixture into pastry shell. In a small saucepan combine the reserved juices and cornstarch. Cook and stir over medium heat till thickened and bubbly. Pour over banana mixture in shell.

For streusel, combine the flour, brown sugar, nuts, and the 1 teaspoon cinnamon. With a pastry blender or 2 forks, cut in the margarine or butter till mixture resembles coarse crumbs. Sprinkle over banana mixture. Cover edge of pie with foil. Bake in a 375° oven for 40 minutes or till topping is golden and edges are bubbly. Cool on wire rack. Makes 8 servings.

Nutrition facts per serving: 406 cal., 18 g total fat (4 g sat. fat), 0 mg chol., 141 ...

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PRIZE TESTED RECIPES®

BEST-LOVED CASSEROLES

File under Meat
September, 1993



$200 WINNER *Betty Cornelison, Portland, Oreg.*

PORK AND GREEN CHILI CASSEROLE

This zesty rice, bean, and pork dish will rate tops with those who love Mexican food—

1½ to 1¾ lb. boneless pork shoulder roast, trimmed of fat
1 Tbsp. cooking oil
1 15-oz. can black beans *or* pinto beans, rinsed and drained
1 10¾-oz. can condensed cream of chicken soup
1 14½-oz. can diced tomatoes
2 4-oz. cans diced green chili peppers, drained
1 cup quick-cooking brown rice
¼ cup water
1 to 2 Tbsp. salsa
1 tsp. ground cumin
½ cup shredded cheddar cheese

Cut pork into bite-size strips. In a large skillet stir-fry pork, *half* at a time, in hot oil till no longer pink. Drain. Return all meat to skillet. Stir in remaining ingredients *except* cheese. Heat and stir just till bubbly; pour into a 2-quart casserole. Bake, uncovered, in a 375° oven for 25 minutes or till rice is tender. Sprinkle with cheese. Bake 3 to 4 minutes more or till cheese is melted. Makes 6 main-dish servings.

Nutrition facts per serving: *327 cal., 16 g total fat (6 g sat. fat), 64 mg chol., 1,022 mg sodium, 27 g carbo., 5 g fiber, 23 g pro. Daily Value: 28% vit. A, 37% vit. C.*





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PRIZE TESTED RECIPES®

BEST-LOVED CASSEROLES

File under Meat
September, 1993



$100 WINNER *Diana Elliott, Rolling Hills, Calif.*

HAM AND POTATO AU GRATIN

Frozen hash brown potatoes simplify this family favorite dish—

- **3 Tbsp. margarine *or* butter**
- **3 Tbsp. all-purpose flour**
- **1¾ cups milk**
- **2 beaten eggs**
- **1½ cups shredded cheddar cheese (6 oz.)**
- **¼ cup dry sherry *or* milk *or* 2 Tbsp. of each**
- **1 Tbsp. Dijon-style mustard**
- **¼ tsp. ground nutmeg**
- **¼ tsp. pepper**
- **2 small onions, thinly sliced**
- **2 Tbsp. olive oil *or* cooking oil**
- **1 10-oz. pkg. frozen chopped spinach, thawed and drained**
- **12 oz. fully cooked ham, cut into julienne strips**
- **1 24-oz. pkg. frozen shredded hash brown potatoes (8 patties), thawed**
- **¼ cup grated Parmesan cheese**

In a large saucepan melt margarine or butter; stir in flour. Add milk all at once. Cook and stir till bubbly; cook 1 minute more. Remove from heat. Stir *1 cup* of the hot mixture into beaten eggs; return mixture to saucepan. Stir in cheddar cheese, sherry and/or milk, mustard, nutmeg, and pepper. Set aside. In a large skillet cook onion in hot oil till tender, about 5 minutes. Stir in spinach; set aside. Place *half* of the ham in an ungreased 2-quart rectangular baking dish or casserole. Break up hash brown patties and place *half* atop ham. Spoon *half* of the cheese sauce atop potatoes. Spoon the spinach mixture atop cheese in dish. Repeat layers with remaining ham, potatoes, and

minutes. Let stand 10 minutes before serving. Makes 8 main dish servings.

Clip along here and file punched pages in your *New Cook*

BETTER HOMES AND GARDENS TEST KITCHEN®

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TROPICAL FRUIT DESSERTS

File under Desserts or Pies
September, 1993



$100 WINNER *Robbie Melton, Washington, D.C.*

MANGO CREAM PIE

You can use fresh mangoes or refrigerated mango slices (found in your supermarket produce section) for this creamy custard-like pie—

- **Pastry for single-crust pie *or* 1 baked 9-inch pie shell**
- **1 cup sugar**
- **¼ cup cornstarch**
- **¼ tsp. salt**
- **2½ cups sliced ripe mango (about 1½ mangoes)**
- **3 egg yolks**
- **1½ cups plain yogurt *or* dairy sour cream**
- **1 Tbsp. lime juice**
- **Fresh raspberries, kiwi fruit, *and/or* blueberries (optional)**

Prepare pastry for a single-crust pie, if using. Roll dough into a 13-inch circle. Ease pastry into an ungreased 11-inch tart pan with a removable bottom. Press pastry into pan; trim edges. Prick pastry; line with a double thickness of foil. Bake in a 450° oven for 8 minutes. Remove foil; bake 5 to 6 minutes more or till lightly browned. Cool.

For filling, in a heavy medium saucepan stir together sugar, cornstarch, and salt. In a blender container or food processor bowl place sliced mango. Cover; blend or process mango till smooth (should have 1½ cups). Stir mango and yogurt or sour cream into sugar mixture. Cook and stir mixture over medium heat till thickened and bubbly; then cook and stir 2 minutes more. Remove from heat. Stir about *1 cup* of the hot mixture into the egg yolks. Return mixture to the saucepan. Bring mixture to a gentle boil, stirring constantly. Cook and stir for 2 minutes more. Remove from heat. Stir in lime

hours. To serve, garnish with berries or kiwi fruit, if desired. Makes 8 servings.

MINUTE

• INSTANT BROWN RICE •



CITRUS RICE SALAD

1 can (11 oz.) mandarin oranges
1 cup water
¼ cup raisins
¼ teaspoon each salt, pepper and dried tarragon
1½ cups MINUTE® Instant Brown Rice
1 cucumber, peeled, halved lengthwise, seeded and sliced
¼ cup each thinly sliced celery and green onions, toasted chopped pecans and plain low-fat yogurt



►30 minutes◄

► Drain oranges, reserving juice. Mix juice, water, raisins and spices in saucepan. Bring to boil. Stir in rice.
► Return to boil. Reduce heat to low; cover and simmer 5 min. Remove from heat. Let stand 5 min. Spread in shallow pan; freeze 10 min. to quickly cool rice. Toss with remaining ingredients.
► Makes 5 cups or 8 servings.

Nutritional Information per Serving: 120 calories, 3 g protein, 23 g carbohydrate, 3 g fat, 0 cholesterol, 85 mg sodium, 2 g dietary fiber.

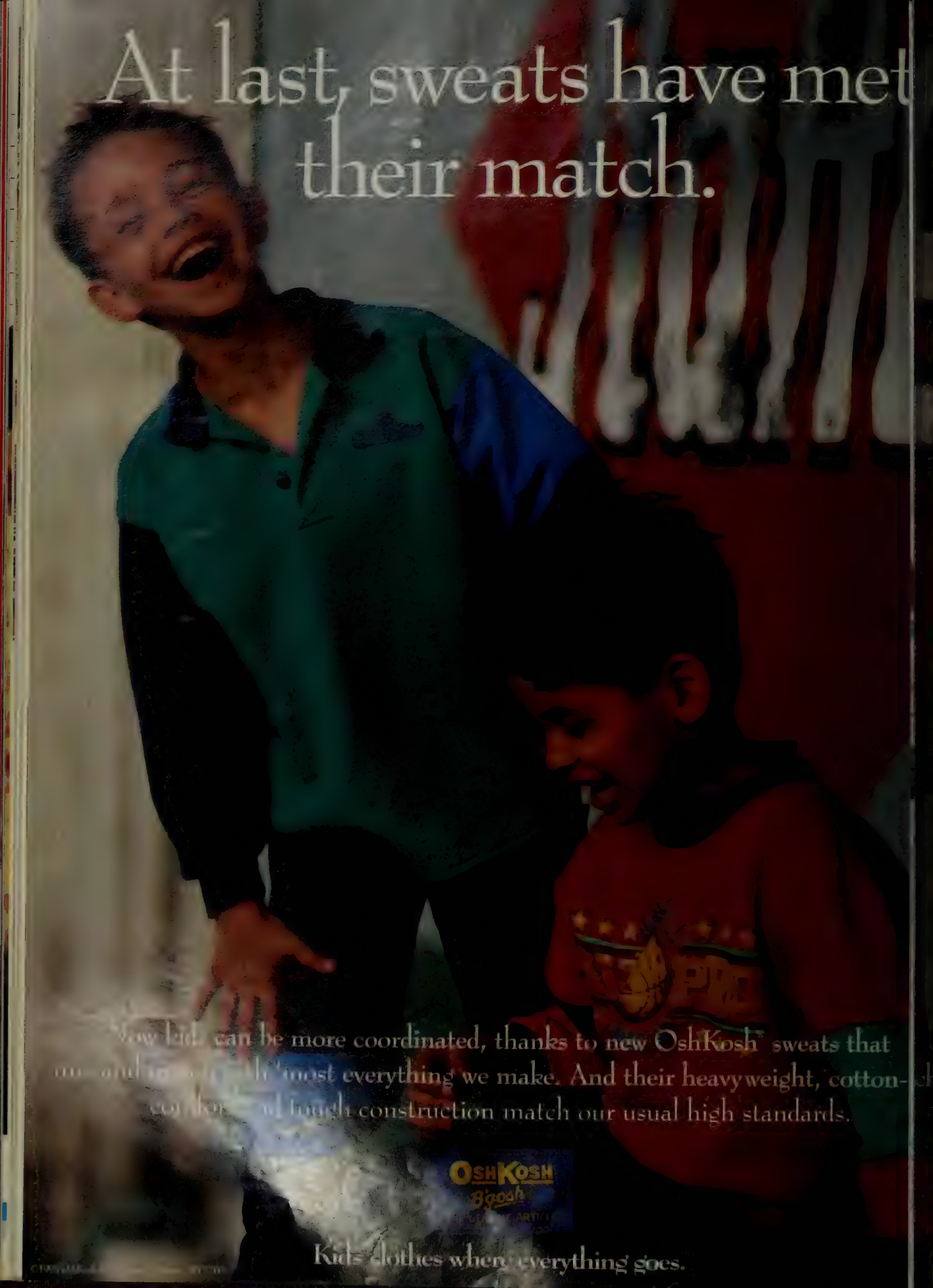
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SHRIMP STEAK AND PEPPER RICE HAWAIIAN RICE

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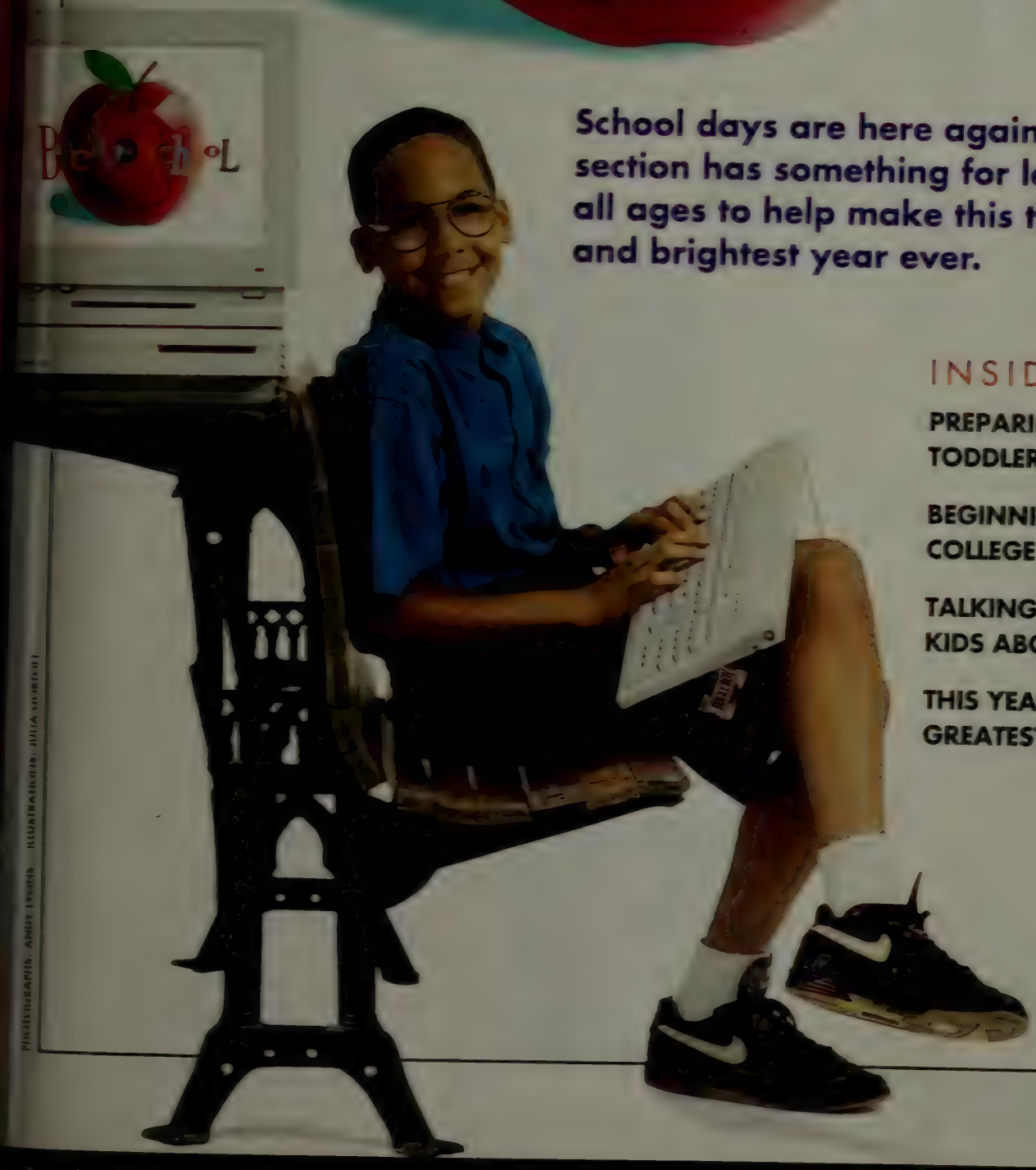
RECIPES


At last, sweats have met their match.
Now kids can be more coordinated, thanks to new OshKosh sweats that
most everything we make. And their heavyweight, cotton-
tough construction match our usual high standards.
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B'gosh
Kids' clothes when everything goes.

Back to School

UPDATE

BY BARBARA BALL PALAU



School days are here again, and this section has something for learners of all ages to help make this the best and brightest year ever.

INSIDE:

PREPARING YOUR TODDLER FOR SCHOOL

BEGINNING THE COLLEGE SEARCH

TALKING TO YOUR KIDS ABOUT SEX

THIS YEAR'S LATEST, GREATEST PRODUCTS

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Back to School

Hair to Stay

Ponytails are back, but they have a new look. It's created with a special tool, available through several manufacturers including TopsyTail. For a great back-to-school look (*photo 3*), try this variation.

Start with two ponytails, one high on the head and one low. Flip the top ponytail, then the lower ponytail with the TopsyTail tool (*photos 1* and *2*).

TopsyTail is available at many department stores nationwide. Suggested retail: $9.99, which includes tool, mirror, and styling guide. For more information, call 800/343-0206.



1 **Make a ponytail. Place the TopsyTail tool behind the elastic band of the ponytail.**



2 **Thread the ponytail through the tool, leaving a loop in the ponytail. Pull the tool down, turning it as you pull the ponytail through hair behind the elastic band. Continue pulling tool down until hair and tool emerge below the band. Tool will pull free from hair. Secure the hairstyle by pulling down on hair ends.**



3 **To create the knot effect around the lower ponytail, take a small strand out of the ponytail, wrap it around, and tuck it into the elastic holder. To create the loop, tuck it under and pull through the elastic holder. Secure with pins, if needed.**



Educational Adventure

Great computer graphics, memory and logic games, and 3-D visualization challenge kids and adults in the search for missing treasures from The Smithsonian Institution. Ages 7 and up. From Binary Zoo. For PCs 386 or higher. Mouse required; audio card recommended. Suggested retail: $34.95

continued on page 146

A collector's first! The only limited-edition plate of the historic Elvis stamp...a Bradford Exchange recommendation



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is number, fired on the
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e plates go down, and many remain at or near
e price. But the edition of "The Rock and Roll
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BGE

ESB-454R

"The Rock and Roll Legend"
In full color on fine porcelain
Shown smaller than actual diameter of 8¼ inches
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YES. Please enter my order for "The Rock and Roll Legend." I understand I need SEND NO MONEY NOW. I will pay for my plate in two monthly installments of $14.87* each, the first being billed before shipment. Limit: one plate per order.

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*Plus a total of $3.49 postage and handling and sales tax where applicable.
**As reported in the Bradford Exchange Market Report, Vol. V-3.
Pending credit approval.

6981-E81291

Back to School

Parents Are a Child's First Teachers

Education begins long before your child enters formal schooling. The National Association of Elementary School Principals offers suggestions in its booklet, *Little Beginnings*, on how to prepare your child for that milestone—the first day of school.

0 to Six Months: Sing to your baby, and smile when the baby "sings" back to you.

Six to 12 Months: Show your child how to turn pages as you look at books together. Choose books with big colorful pictures and sturdy pages. Name the things in the pictures.

1 to 2 Years: Play direction games. Have your child go *under* the table, *next to* the door, *inside* the bathtub, or *behind* the tree.

2 to 3 Years: Count aloud. Describe how you're putting on "one, two shoes." Count the stairs as you climb them together.

3 to 4 Years: Talk to your child the way you would talk to a friend. Try not to use baby talk, and help him say words correctly: "Try to say water instead of wah wah."

4 to 5 Years: Let her pick out the clothes she's going to wear each day. Give her choices—"Do you want to wear the blue shirt or the red shirt?" But don't overwhelm her or yourself.

For a free copy of *Little Beginnings—Starting Your Child on a Lifetime of Learning*, send a self-addressed, stamped, business-size envelope to: Little Beginnings, Stations 9-G/NAESP, Northwest Point Blvd., Dept. BHG, Elk Grove Village, IL 60007-1019.
Available in English or Spanish.



Back in the Swing

Whether your child is off to school for the first time, or back after a long, carefree summer, the first few weeks will go more smoothly if she is prepared. Marian Callaghan, M.D., a child psychiatrist at St. Christopher's Hospital for Children in Philadelphia, offers this advice:

FOR FIRST-TIMERS

Before school opens, drive by the building occasionally and speak casually about it with him.

Go shopping for special school supplies and clothes. New shoes are never ordinary when they're "school shoes." To your child, they're magically charged to take her on new adventures.

Be specific about what he will be learning. The idea of reading and writing is not nearly as enticing as being able to write Happy Birthday on a card.

FOR OLD HANDS

Establish a routine at least several weeks before school begins. That means earlier to bed and to rise. If necessary, plan morning activities that may help motivate your child to get going earlier in the day, and schedule more quiet, together time in the evenings.

Many families plan vacations in August, but Callaghan suggests not waiting until right before school starts because it may be difficult for kids and parents to return to a schooltime schedule so quickly.

continued on page 148



For moms who have a lot of love, but not a lot of time.



Guess what! In 90 seconds flat – about the same time it takes to make cold cereal – you can make Instant Quaker® Oatmeal. She'll get piping-hot Quaker Oats nutrition – in flavors she loves. And you'll both get a nice, warm feeling inside!

2 Quaker Oats Co.

Back to School



Hey! Note this... Music helps kids learn

Studying music can help your child develop physical coordination, timing, memory, language skills, and the mental discipline needed for mathematics. Research shows that students who have a musical background score higher on the math and verbal portions of the SAT. Further studies say learning music helps children develop right-brain skills, creativity, and abstract thinking.

The American Music Conference offers several brochures for parents.

To order, call 619/431-9124; or write: AMC, Dept. BHG, 5140 Avenida Encinas, Carlsbad, CA 92008.



Just for Kids

Prizewinning KidDesk computer software from Edmark lets even pre-readers play and learn at the computer, but protects your hard-disk data from exploring fingers. Simple, colorful graphics. IBMs and Macs. Suggested retail price: $39.95.



If the Desk Fits

No need for kids to be kept from their work by oversize office furniture. LARS Design, Inc. manufactures this V-top home computer desk for children. The desk is designed to adapt to both left- and right-handers, and the chair adjusts to the child's size simply by flipping it over. Retail prices: desk, $300; chair, $125; accessories triangle, $10. For information or to order, write: LARS Design, Dept. BHG, 1625 Larimer St., Suite 2105, Denver, CO 80202; or call 303/892-7100.

continued on page 150

See Spot Run. Stay, Spot.



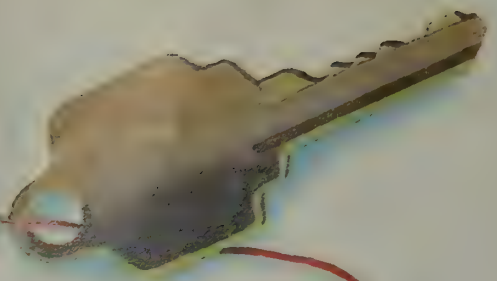
New Elmer's® School Glue GEL™. The most advanced Elmer's School Glue won't spill or drip, is neat, washable, and it dries virtually clear. The spotlight's on GEL—only from Elmer's, the name that you trust.



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Back to School



Home Alone—Happy and Safe

At what age should a child be allowed to stay home alone? This is not an age issue, but a question of maturity, according to Mick Coleman, Ph.D., associate professor of child and family development at the University of Georgia. "We all know some eight-year-olds who are responsible enough to go home after school without an adult being there," he says. "We all also know some 18-year-olds who should never be left alone."

If your child is mature, responsible, and independent, you can begin to experiment with leaving the youngster home for brief periods of time. Coleman cautions that self-care should be the last option, regardless of the child's maturity level.

If you decide your child is ready to come home to an empty house after school, you need to sit down beforehand and go over the guidelines. Points of discussion:

Checking in. The child should check in with a responsible adult each day, whether it's calling Mom or Dad at work or a trusted neighbor who will always be home.

Snacks. Define what types of foods are acceptable snacks, and which appliances are off-limits when parents are not home.

Specific responsibilities. Will the child be expected to do homework, handle household chores, practice a music lesson, or take care of pets or younger siblings? These guidelines should be spelled out clearly.

Free time. What is expected during free time? Are friends allowed in the house? (Coleman says no.) Can the child play outside or go to other friends' homes?

Strangers. Review proper procedures for answering the door and telephone. It's usually a good idea not to let a caller or visitor know that a child is home alone. When answering the phone or door, the child could say, "My mother can't come to the phone (door) right now; can I take a message and have her get back to you?" Coleman says each family needs to work out its own guidelines. Rules can vary greatly depending on your community and neighborhood.

Emergencies. Be sure your child is well drilled on procedures for emergencies. Coleman says parents are sometimes surprised that, while their children seem to know what to do when quizzed about unforeseen events, they often don't do as well as expected when panic hits.

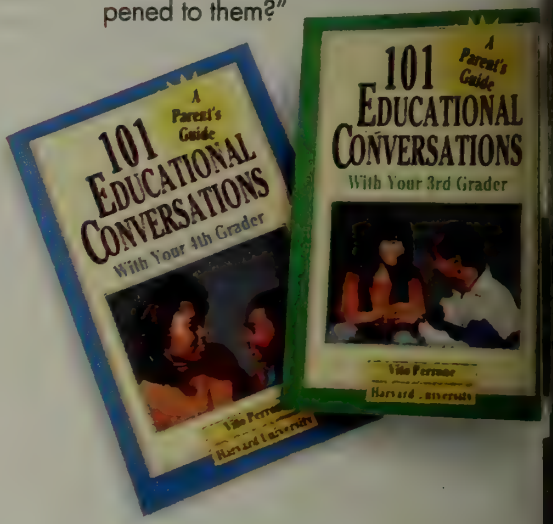
For parent information from Project Home Safe, write: Whirlpool Foundation, P.O. Box 405, St. Joseph, MI 49085.

WHAT DID YOU LEARN TODAY?

Tired of getting that same old answer—"Nothing"—every time you ask your kids what they learned at school? You'll do a lot better with these imaginative conversation starters suggested by Vito Perrone, director of Teacher Education at Harvard University. Each book is specific to a grade level from kindergarten through sixth. Books for upper grades are due out soon. Here's a sampling of Perrone's advice:

Kindergarten/First Grade

Ask your child if he or she is studying dinosaurs. (Do this at a time when you know the answer is yes.) Ask, "What do you know about them?" "What did they eat?" "What happened to them?"



Second Grade

Discuss different countries your child is learning about. Find them together on a globe or map.

Third Grade

To learn about your child's measurement skills, ask her to use a ruler to measure something in the house—a rectangular table, a room, or a bookshelf.

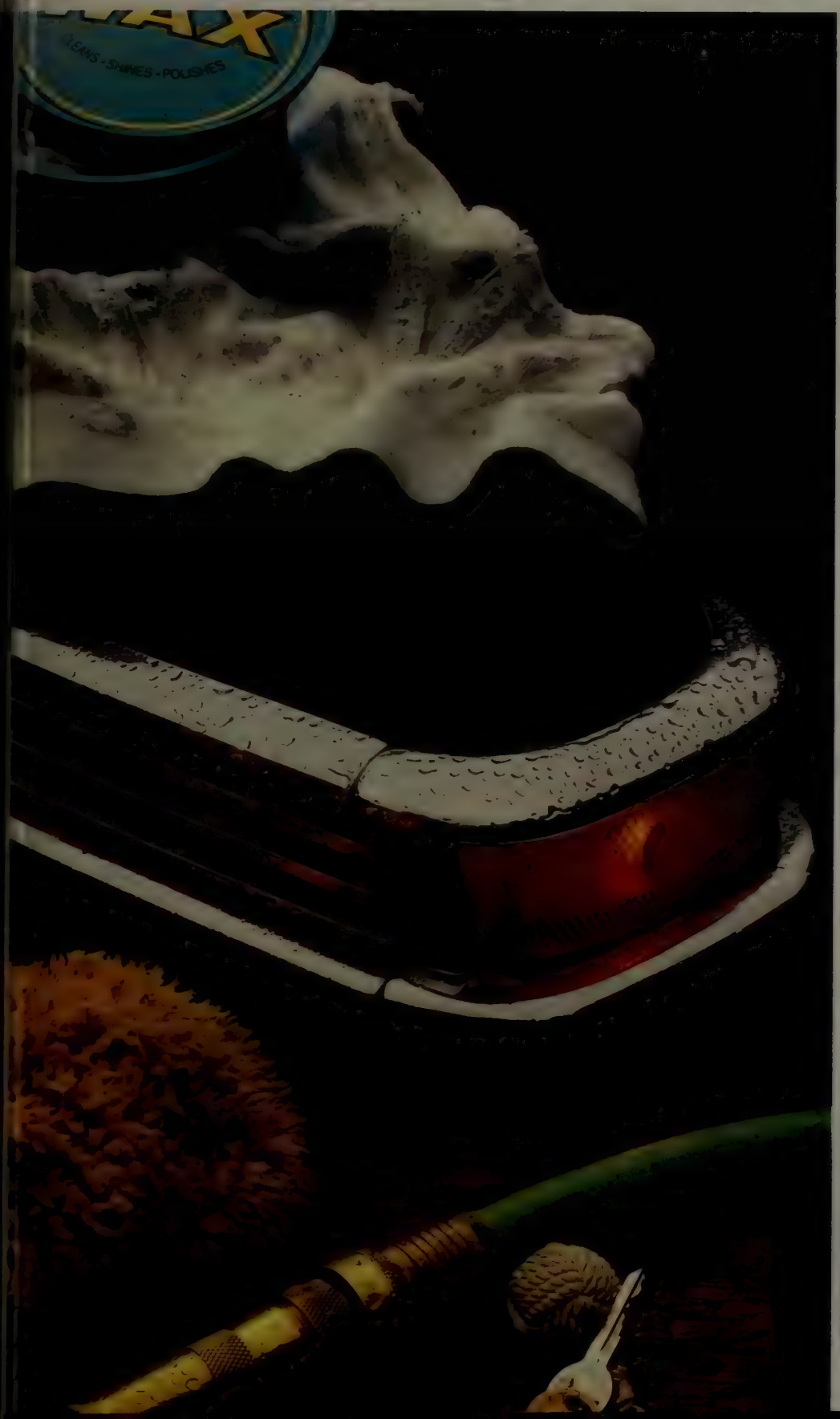
Fourth Grade

Ask what your child thinks it might have been like to live in different historical periods.

To order the book appropriate for your child's grade level, call Chelsea House Publishers, 800/848-BOOK. ($15.95 each for hardcover and $5.95 each for softcover).

continued on page 152

What will his underwear be doing a year from now?



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Because our comforts are made to last.

Unlike most of our competitors, we're picky about cotton. **VERY PICKY.**



That's why we **COMB OUR COTTON** so only the longer fiber remains. The rest we reject. Then we knit more of this incredibly soft, incredibly strong fiber into every square inch of our briefs, so they'll hold up longer.

And we **TAILOR ALL OUR SEAMS** so they'll still be fit and trim when those others start fraying.



These are just three of the many reasons he'll enjoy our comforts long after other underwear have started second careers waxing cars.



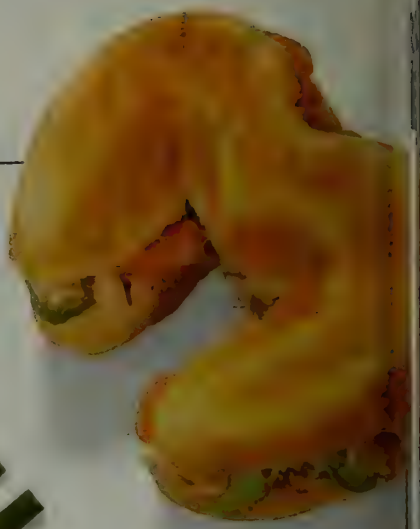
THE NOT-SO-BRIEF BRIEF.™

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Back to School

NUMBER CRUNCHING

On the first day of school, surprise your favorite student at lunchtime. Pack a brown-bag meal that includes a numeric sandwich reflecting the student's current school grade. Make the sandwiches by using hot-roll mix and individual-size baking pans available from Wilton. Look for the number pans wherever specialty baking equipment is sold. Or, order by phone: 708/963-7100. Each set includes the numerals zero through nine. Suggested retail: $19.99 for the set. Try baking mini-cakes in them, too.



First-graders give a thumbs-up to peanut butter and jelly.





Third-graders' tastes move up to chicken salad.





Second-graders won't swap this ham and cheese sandwich.

Adding Ingredients

Prepare one 16-ounce package *hot-roll mix* according to package directions; cover and let rest following package directions. Divide dough into nine equal pieces. Shape each piece into a smooth 7- to 10-inch rope, depending on the size of numeral pans. Lay one rope of dough in each greased pan; lightly press dough to fill shape of pan. Place pans on baking sheet. Cover and let rise in a warm place for 10 minutes. Bake in a 375° oven for 10 to 15 minutes or till light brown. Invert onto a wire rack; cool. Split in half; fill with desired sandwich filling. Makes 9.

National Sandwich Day Contest

What's in your kids' lunch boxes this year? If it's the same old song, you may want to order a copy of Bread Winners II, a booklet full of sandwich recipes from past winners of Ziploc National Sandwich Day contests. The book is a collection of creations from kids, including "The United Nations Sandwich," "The Earthquake Sandwich," and "Creamy Raisin Delight."

To order the free booklet, send your name and address to: BREAD WINNERS II, Ziploc Sandwich Bags, Dept. 4400-BH, P.O. Box 78980, New Augusta, IN 46278.

For more information on how to enter the 1993 Ziploc National Sandwich Day contest, send your name and address to: National Sandwich Day Contest, Ziploc Sandwich Bags, Dept. 4800-BH, P.O. Box 78980, New Augusta, IN 46278. The deadline for receiving the contest is September 24, 1993.

continued on page 154

Put your kids on cloud nine.

Your kids will love giving all of their clouds a chocolate lining.



JELL-O® PUDDING IN A CLOUD™

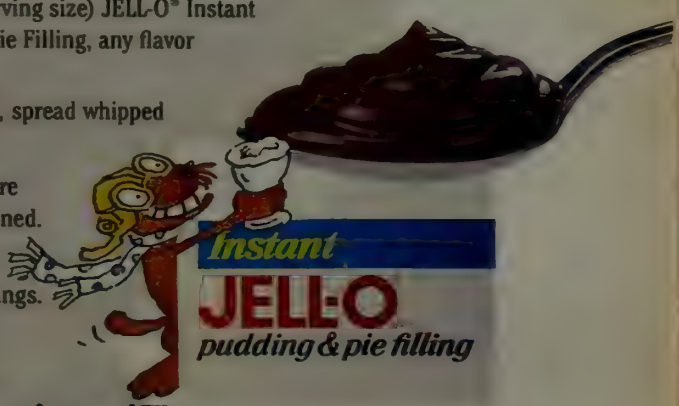
1 tub (8 oz.) COOL WHIP® Whipped Topping, thawed
2 cups cold milk
1 package (4-serving size) JELL-O® Instant Pudding and Pie Filling, any flavor

SPOON whipped topping evenly into 6 dessert dishes. Using a spoon, spread whipped topping into the bottom and up sides of each dish.

POUR milk into medium bowl. Add pudding mix. Beat with wire whisk 1 to 2 minutes. Let stand 5 minutes or until thickened.

SPOON pudding mixture into center of "cloud." Refrigerate until ready to serve. Makes 6 servings.





Jell-O® Snacktivities.™ Have your fun and eat it too!™

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Back to School

Cool—and Hot

Tote your Tupperware brand products to lunch or school in a nylon Lunch'N Bag set, *below left*. The bag closes with Velcro and holds a microwave-reheatable bowl and a sandwich holder. Retail: $12.95. Call 800/858-7221 for a catalog or to place an order that will be handled by a Tupperware consultant near you.

Pack your sandwiches and other treasures in a Servin' Saver Treasure Chest Lunch Box, *center*, from Rubbermaid. Retail: $7.99. Rubbermaid Consumer Service, 1147 Akron Road, Dept. BHG, Wooster, OH 44691-6000.

The insulated Mini Cooler, *right*, in bright new colors from Aladdin, keeps food hot or cold until lunchtime. The handy strap makes it easy to carry. Retail: $8.99. Call 800/251-4535.



HERE COMES THE BUS

After school, your kids will dive into this bright school bus cake. The treat is easy to make with a cake mix and a basic square baking pan. Decorate the cake following our ideas, or deck out the fenders, windows, and wheels with your own designs.

Prepare a *one-layer-size cake mix* according to package directions. Bake in an 8-inch-square baking pan. Cut the baked cake in half crosswise. Spread about ⅓ cup *creamy white frosting* over the top of one cake half. Top with the other cake half.

Tint about 2 cups *creamy white frosting* the desired shade of yellow; frost sides and top of cake. Attach, curve side down, a *cream-filled golden sponge cake* (Twinkie) to front; frost. Decorate bus as desired. Here are instructions for our method:

Windows: Cut *rolled fruit leather* into window-size strips. Press into frosting on side and front of bus.

Door, trim, lettering: Spoon *brown-tinted frosting* into a pastry bag fitted with a small writing tip; pipe.

Kids/driver: Spoon *blue-* or *brown-tinted frosting* into a pastry bag fitted with a small writing tip; pipe.

Front of bus: Attach a *wafer cookie, chocolate caramel logs,* and *red circle candies* using small dabs of frosting.

Wheels: Attach small *chocolate-covered peanut butter cups* and *candies* using dabs of frosting.



continued on page 156



For A Big, Crunchy Taste You've Got To Have Ripples.

Introducing Ripple Crisp. If it doesn't have ripples it's just another flake. Ripples are what give new Ripple Crisp™ cereal its big, crunchy taste. One try and you'll never look at flakes the same way again.

Try Golden Corn and Honey Bran.



Back to School



The College Search—Do Your Homework

Declining enrollments have sent many colleges and universities into high-gear recruiting. This may mean you have more choices available to you, but the search process can become overwhelming. Shelly Spiegel, founder of several businesses to help prospective students find a good match, offers the following tips:

Beginning the Search

•Start no later than the beginning of your junior year in high school.

•To get a feel for some of your top choices, obtain recruitment videos from colleges that offer them (see Searching by Video, *page 158*).

•After narrowing your list, select several you would like to explore in depth.

The Campus Visit

•Make an appointment with the admissions office to arrange for an interview and a tour.

•After the scheduled tour, walk around campus on your own. Talk to students (it's best to visit when classes are in session, and not at the end of a term when everyone is studying and taking tests).

•Try to arrange an overnight stay in a dormitory.

•Be sure to tell the admissions office of any special interests, academic and extracurricular, before you visit, so they can arrange interviews for you in those areas.

•Pick up the campus newspaper and take time to read it carefully—it's a good way to help determine the campus personality and note potential problems, which may not be mentioned by the admissions department.

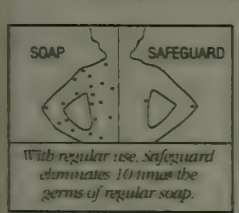
One of Spiegel's business ventures is a travel agency that offers families special

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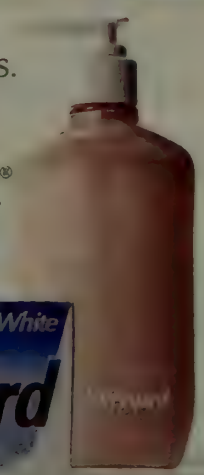
"Summer's over, it's back to sch... GERMS."



This science class is alive with something more than whispers and giggles. It's alive with germs. Millions of germs. Germs from all the yucky things that kids just love to touch.



And that's why back to school means back to Safeguard.® Safeguard is an antibacterial soap. So effective, it eliminates the germs that regular soaps can't. So Safeguard the ones you love. It could be the most important thing you and your kids learn all year.



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Safeguard against GERMS

Safeguard the ones you love.

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Back to School

The College Search

continued from page 156

discounts on airfare when making campus visits. Call Campus Connections, 800/HAV2FLY (800/428-3235).

GUIDE TO THE GUIDES

Many tools are available to help students select the right college. Your guidance counselor's office probably has a number of good resources. If you wish to look further, check out the following information.

Printed Guides

•Whether you're looking for a two-year, four-year, competitive, or Christian education, Peterson's may have a guide specifically tailored to your interests. Call 800/338-3282 for information on their publications.

•Wondering what it takes to be a philosophy major? What the job outlook is for biochemistry? What your four years of high school Russian can do for you? A new publication from the College Board may help.

To order *The College Board Guide to 150 Popular College Majors*, send $19.95 to College Board Publications, Box 886, New York, NY 10101-0886. Specify item number 004000.

Computer Programs

The College Board offers several computer programs to help with the search process. "College Explorer," with data on 2,800 colleges, sells for $125. Credit card orders are taken at 800/323-7155. Mail orders should be sent to: College Board Publications, Dept. T31, Box 886, New York, NY 10101-0886. Please include item number, below, and $3.95 for shipping and handling. MS DOS–004639; Apple II–004647.

SEARCHING BY VIDEO

Most colleges today offer promotional videos to give potential students a picture of their campuses and programs. You can order these videos individually from colleges, or you can subscribe to a service that will do the work for you.

Search by Video, a clearinghouse for recruitment videos, will customize a videotape featuring your top choices. Cost is $5.00 for each college you select, plus postage and handling.

Call 800/248-7177. $5.00 per college, plus $2.95 postage and handling.



Helping Your Child Cope with Test-Taking Jitters

Remember when a math test could get your palms so sweaty you couldn't hold the pencil? Here's what you can do to help your child, according to child development expert Wanda Draper, Ph.D., of the University of Oklahoma Health Sciences Center in Oklahoma City.

- Encourage regular study instead of cramming at the last moment.
- Explain that it's normal to worry about a test. Surprisingly, says Dr. Draper, being given "permission" to worry helps quiet the fear.
- Offer a "fear cleansing" ritual. For example, tell the child to imagine stuffing worries into a garbage bag. Or, have the youngster clasp the hands into a fist and count to eight.
- When the test results come in, praise the child for right answers first, before you focus on the misses.

continued on page 160

MMM! Wholesome Granola Never Made A Kid's Face So Happy. And IncrediBites Make Moms Feel Good Too. Even Wider. Make Their Smiles

Little Bite-Size Granola Sandwiches With Chocolate, Peanut Butter, And Vanilla Creme Fillings That

IncrediBites



INCREDIBITES. INCREDIBLY, EDIBLY GOOD.

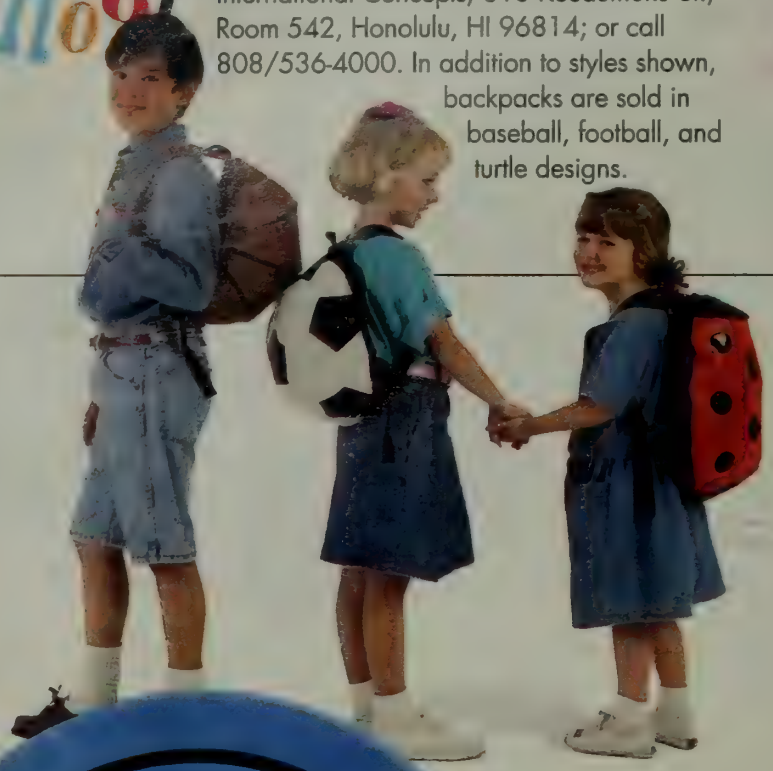
General Mills, Inc.

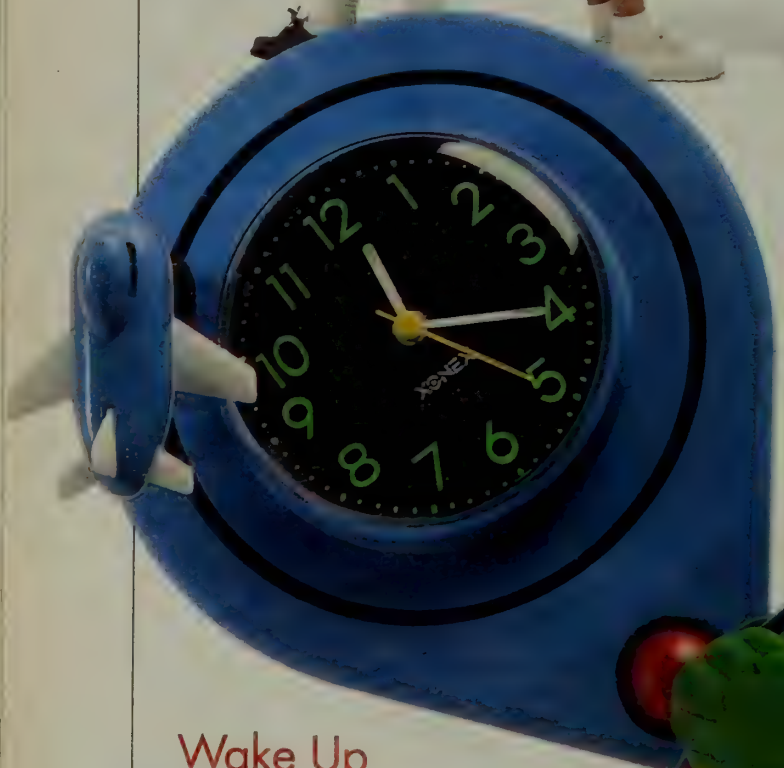
Back to School

Backpack to School

Your kids will love going back to school with their books and supplies tucked into these fun backpacks. Constructed of PVC, they are available for about $20.00 in retail stores. For information on the store nearest you, or to order, write: International Concepts, 818 Keeaumoku St., Room 542, Honolulu, HI 96814; or call 808/536-4000. In addition to styles shown, backpacks are sold in baseball, football, and turtle designs.

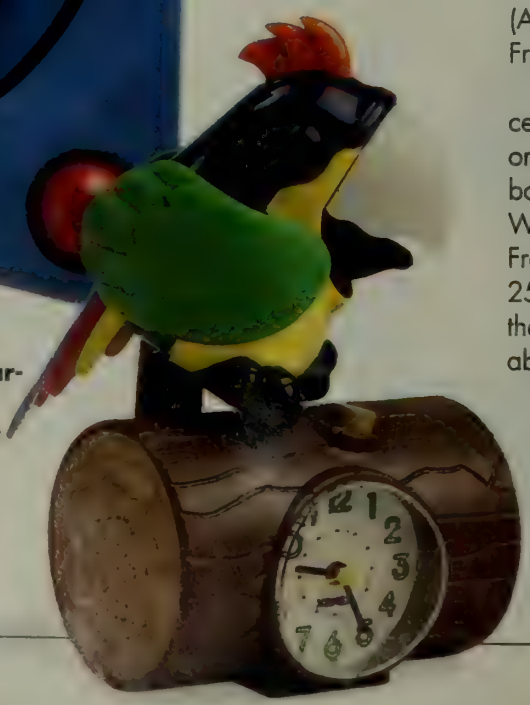






Wake Up

You won't oversleep when awakened by a jet plane or Polly the parrot. These alarming clocks, by Xonex, are available at many gift stores. To order, write: The Art Store, 600 Martin Luther King Parkway, Des Moines, IA 50312. Phone: 800/652-2225. $43.50 includes shipping and handling.



This Book Club Has Too Many Members

What do Tom Sawyer, Snow White, and U.S. Poet Laureate Maya Angelou have in common? Each is a member in a surprisingly unexclusive club: books banned from classrooms or libraries. Joining them are works by Judy Blume *(Blubber)*, Ray Bradbury *(Fahrenheit 451)*, Stephen King *(Carrie)*, and Jean Auel *(Clan of the Cave Bear)*—all of which have been banned, restricted, or challenged. Even the Bible has been challenged as "lewd, indecent, and violent."

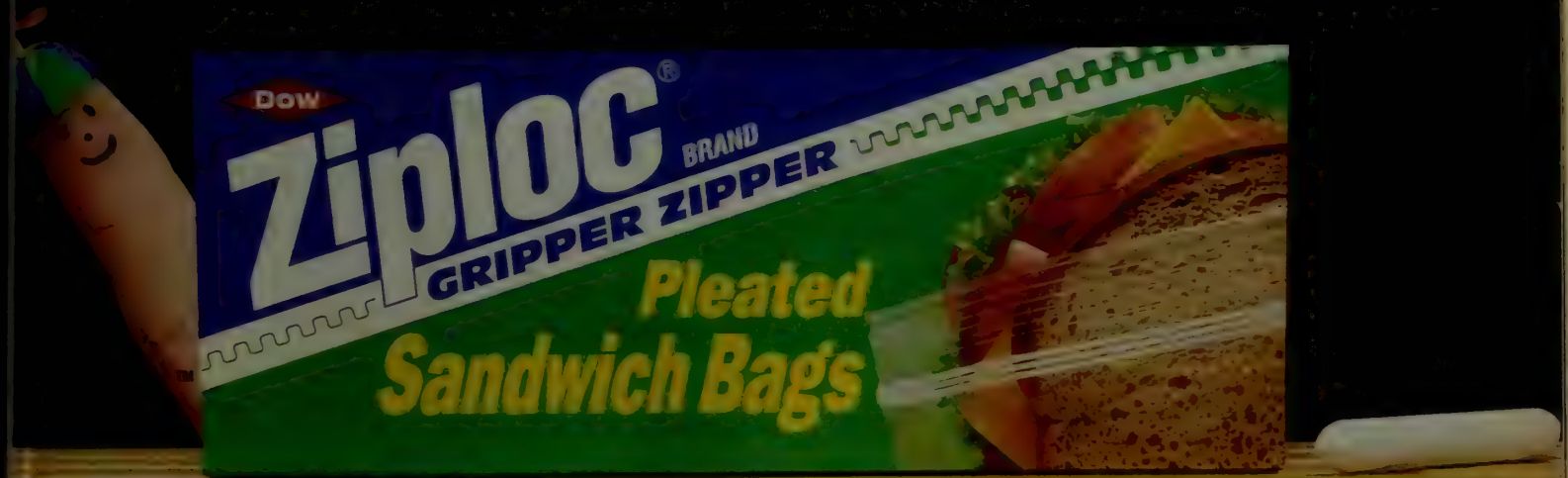
Whatever the political leanings or motives of the groups that challenge books, the practice has educators concerned. Censorship tramples a basic constitutional right, says Judith Krug, director of the American Library Association (ALA) Office for Intellectual Freedom.

To highlight censorship concerns, the ALA and a group of organizations that publish and sell books will sponsor Banned Books Week '93—Celebrating the Freedom to Read. From September 25 to October 2, libraries across the nation will educate patrons about the dangers of censorship.

For more information on this topic, write: ALA, Office for Intellectual Freedom, 50 E. Huron St., Chicago, IL 60611. Or call 800/545-2433, ext. 4223.

continued on page 162

I WILL KEEP MY SANDWICH FRESH.
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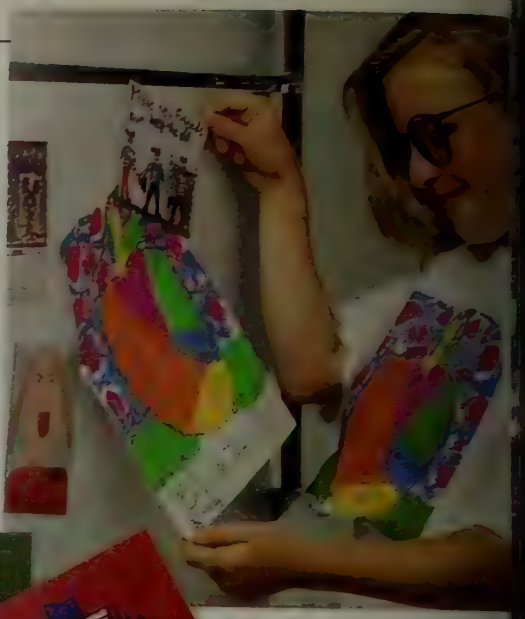
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Back to School

Wear Your Art

Now your child's art can go farther than your refrigerator. Original Works–Yours can put artwork on T-shirts, sweatshirts, aprons, magnets, and other items. The company handles individual orders, but specializes in school fund-raisers. Original Works–Yours, Dept. BHG, 54 Caldwell Road, Stillwater, NY 12170; 800/421-0020.

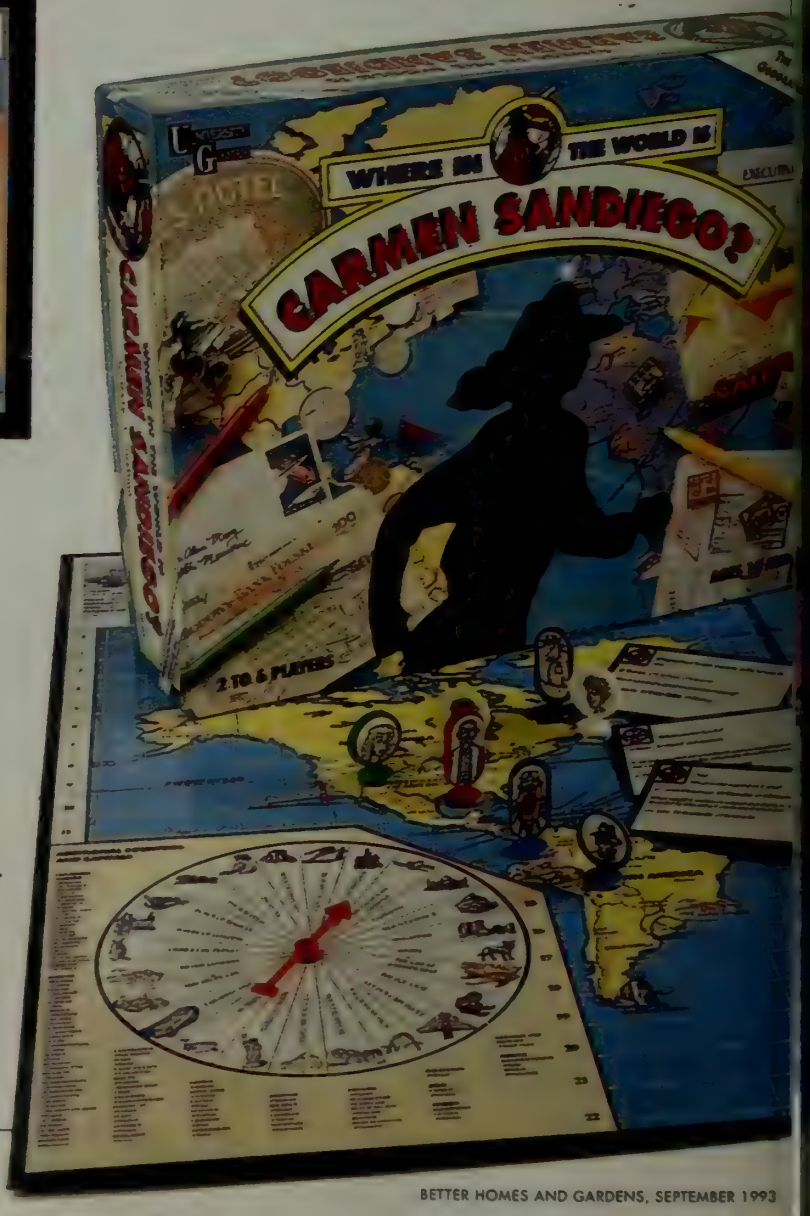




Dinosaur Adventure

Pictures, sound, action, and lots of information enthrall ages three and up—all from your computer. That's the trademark of Knowledge Adventure's prizewinning interactive software. Here's their latest which is right on target with the dinosaur craze. Software (PCs and Macs), suggested retail price $49.95; CD-ROM, $69.95.





Where in the World...

Track Carmen Sandiego and her gang of thieves across the world with a board game that teaches geography to kids over age 10 (grown-ups too). University Games offers *Where in the World is Carmen Sandiego*, *Where in the USA is Carmen Sandiego*, and *Carmen Sandiego Adventure Sets*. Retail $19.95. (Adapted from the popular software program and PBS television series.) If you can't find them in your local toy store, write: University Games, 1633 Adrian Rd., Dept. BHG, Burlingame, CA 64010; or call 800/347-4818.

continued on page 164



Only Nix™ kills head lice today and prevents reinfestation tomorrow.

All too often, a single head lice treatment isn't enough. Because lice lay eggs - nits - that cling to your child's hair and hatch after treatment, causing reinfestation.

That's why the head lice treatment you choose should be Nix™ Creme Rinse. Nix not only kills lice and their eggs on contact, it protects your child against reinfestation for two full weeks - something no other lice treatment can do. No wonder Nix is the one recommended most by Pediatricians, Pharmacists, and School Nurses.

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Creme Rinse with Nit Removal Comb 2 FL OZ

The One You Only Have To Use Once.

Back to School



Color Me

There's nothing like a sharp, bright crayon to bring back memories of school days gone by. Your kids will make their own memories with new products from Crayola.

Overwriters, markers that color over each other, add a whole new dimension to coloring (retail $3.49). Multicultural Markers include eight people tones (retail $2.99). Glitter crayons bring a magic sparkle to your pictures (retail $2.49 for eight and $3.49 for 16).





Special Teachers Needed

Is there an education major in your household, or in your future? Educators for children with disabilities are in demand. The U.S. Department of Education reports a shortage of more than 26,000 special education teachers and 15,000 assistants. There is an especially critical need for African-American and Hispanic teachers.

For a free packet of information about career opportunities for teachers and other personnel in the field of special education, send a business-size SASE to: The National Clearinghouse for Professions in Special Education at The Council for Exceptional Children, 1920 Association Drive, Reston, VA 22091.

continued on page 166



Back to School



Talking to Kids About Sex

It's not such a big deal

BY JOHN ROSEMOND

These days, most parents agree that the earlier you can discuss sex with your child, the better. Regular, low-key chats are the way to go. Here's a plan for doing just that.

The first time. Around age four or five, children become fascinated with the beginnings of life. "Where do babies come from?" is often the first of many similar questions. Your best bet is to answer such queries matter-of-factly. Still, remember that there's no need to be overly explicit. The child doesn't expect, or need, a lot of details.

This age child also begins to realize that boys grow up to be men and girls grow up to be women. It's the age of "let's play doctor" and "show me," where kids act out questions they can't express in words.

Early sexual exploration is normal, no matter what form it takes. So keep your discomfort under control.

Instead, use these occasions to open lines of communication. If the youngster's unashamed openness is punished, then later, as a teen, it's unlikely that he or she will feel comfortable approaching parents with questions, concerns, or problems about sex.

You can and should set limits, but avoid terms like "right" and "wrong." Instead, stress age appropriateness: "You and Melissa aren't old enough to be doing these kinds of things with one another."

Teen angles. Once a child's initial curiosity has

continued on page 168



SUNBATHING

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incredible sundrenched flavor,
there's nothing like the taste
of *Sunchips*® Multigrain Snacks.
Dip into a bag.



A little sun never tasted so good.

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innocence while calculating how to handle this most "uncool" situation.

In my case, I lied: "Hey, Dad, listen, before you go any further, I think I can save you some time. This guy came to our health class last year and talked to us all about, well, you know, so we really don't need to talk about this." Boy, did he ever look relieved.

As my son, Eric, approached his adolescence, I began to realize that my unease as a teen was due in large part to the fact that sex was, at the time, a threatening subject for me. The same holds true for many adolescents today. One way young teens keep sex-talk anxiety at bay is to deny the need to know anything about sex.

A second reason for my discomfort at talking about sex was that I had no choice in the matter. Dad had decided it was time "to do his duty," and that was that. But I felt backed into a corner and so took the quickest way out.

I came to the conclusion that what Eric needed was not a rundown of "the facts," but the freedom to ask ques-

Back to School

Talking to Kids About Sex

continued from page 166

been satisfied, sex moves to the back burner and stays there until the preteen or early teen years. Now, a parent's job is to be open to discussion and to act as a consultant on sexual matters. Let's face it: Your teen will feel more comfortable talking with you about sex if you're nonjudgmental when the subject comes up—and you resist the temptation to pry.

As a young teen, one of the things I dreaded, and hoped to forever avoid, was "The Talk." That's when my father, looking really serious, would say, "Son, I think you and I need to have a talk." Most teens feign





tions, to be in control.

So, when he was about 12, the time felt right and I issued an open-ended invitation. "Eric, as you get older, you're going to become more and more interested in girls, and you're going to have questions and . . ."

He interrupted. "Uh, look, Dad, before you go any further, this guy came to our health class last year and . . ."

"Uh, look, Dad, before you go any further, this guy came to our health class last year and . . ."

"Yeah, I know, he talked all about it, right?"

"How'd you know?"

"Same guy came to my health class when I was your age. Even so, if you have questions or anything you want to discuss concerning women and men and sex, I'd like you to ask either me or Mom. I'd rather you asked us than one of your friends. Their answers might not be correct. And remember, there's no such thing as a dumb question."

Boy, did he ever look relieved. And sure enough, he did come to us with questions, and more than once.

With Amy, our daughter, the only modification my wife, Willie, and I made to this basic approach was to prepare her for her first period.

Beyond the mechanics. Willie and I tried to get across to our kids that the real secret to a successful sexual relationship has less to do with techniques and biology than with attitude and values—specifically, how well you respect yourself and the other person. You can't package that attitude in one fact-filled conversation. It's something you model for your kids every day through what you say and what you do. In that sense, sex education begins the day your child is born.

—Family psychologist John Rosemond's most recent book, Parent Power! (Andrews/McMeel), can be found in bookstores throughout the country.

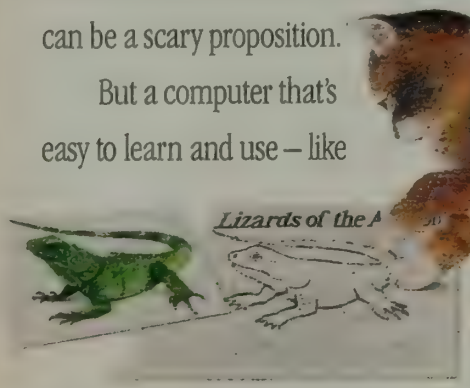


Will a personal computer give your kids an edge?

That all depends on the computer.

To kids who are trying to make sense out of quadratic equations or subjunctive clauses, trying to figure out a complex PC can be a scary proposition.

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Unlike complex PCs, a Macintosh Performa computer makes it easy to turn out impressive-looking homework.

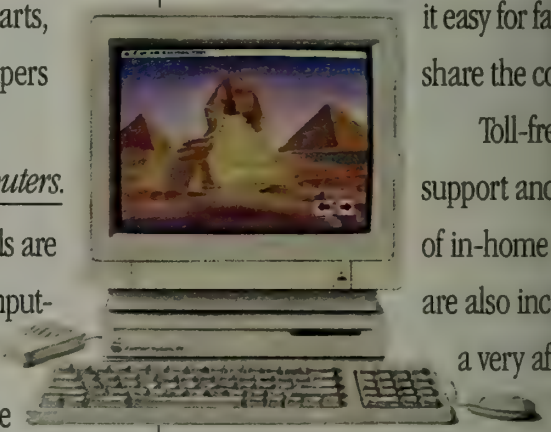
A more personal way to learn.

A Performa computer makes it easy for students to learn at their own pace, to explore in detail those topics that interest them most, or brush up on (and ultimately master) topics that give them trouble.

A Performa – combined with any of hundreds of Mac® educational programs – makes learning interactive, involving and enjoyable. It encourages students to polish up their homework projects (because making changes is so easy). And because Performa makes it incredibly simple to combine text with artwork, photographs and charts, ordinary reports and term papers can look extraordinary.

More schools use Apple computers.

More likely than not, your kids are already using Apple® computers to help them learn (indeed, Apple has been in classrooms for a total of more than 15 years). A Performa offers all of the Macintosh benefits that schools enjoy – plus a few special benefits: Basic word processing, spreadsheet and other software is preinstalled, alo with a program called At Ease™ that m it easy for famili share the comp Toll-free ph support and a y of in-home serv are also include a very afford pric Some models include a moc



Performa computers make educational software easy to use. And help kids study everything from Egypt to econometrics.

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The Family Macintosh

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Back to School

COMPETITION FOR THE MIND

Sports isn't the only area where kids can shine. A number of national competitions give youngsters the chance to test their academic and creative talents. For example:

Odyssey of the Mind encourages students to develop problem-solving skills by competing with other youngsters. Odyssey of the Mind, P.O. Box 547, Dept. BHG, Glassboro, NJ 08028.

Academic Decathlon challenges students of diverse ability levels in a variety of subjects. Executive Director, USAD, P.O. Box 5169, Dept. BHG, Cerritos, CA 90703; 310/809-4995.

Teams of seventh- and eighth-grade "mathletes" test their analytical abilities in *Mathcounts*, sponsored by the National Society of Professional Engineers and corporations such as General Motors and Texas Instruments. Mathcounts, 1420 King Street, Dept. BHG, Alexandria, VA 22314; 703/684-2828.



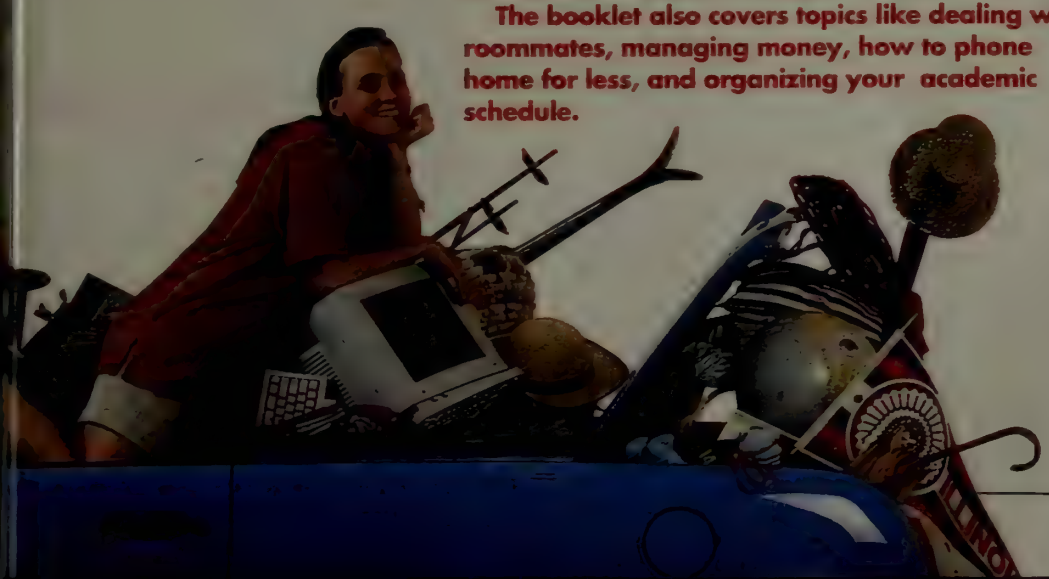
This Odyssey of the Mind team was challenged to build a structure of balsa wood to hold hundreds of pounds of weight.

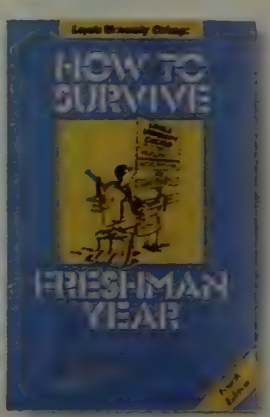
Cramming for Freshman Year

Trying to pack a year's worth of stuff into your car? Sometimes even the family minivan can't handle the job. Consider transporting only the essentials and sending the rest by UPS.

This is just one of the many tips offered in a free booklet for college freshmen and their parents by Loyola University Chicago.

The booklet also covers topics like dealing with roommates, managing money, how to phone home for less, and organizing your academic schedule.





For your copy, write: How to Survive Freshman Year, Loyola University Chicago, Dept. BHG, 820 N. Michigan Ave., Chicago, IL 60611.■

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EMCO Forever® Storm Doors—Free full-color brochures available which give complete details on selection of colors and sizes. Describes all hardware and construction features. *EMCO Quality. First and Forever.* EMCO SPECIALTIES, INC. FREE. Circle No. 3.

NEW FROM FRIGIDAIRE!—FREE 40-page guide includes large, full-color photos and detailed information for dozens of new appliances in the completely redesigned, quality crafted Frigidaire line— refrigerators, dishwashers, ranges and more—all featuring the unique gently rounded shape of UltraStyle™ design. FRIGIDAIRE. FREE. Circle No. 4.

HURD WINDOW IDEA GUIDE—Full-color booklet shows complete line of Hurd wood and aluminum clad windows and patio doors. Idea Guide presents Hurd Windows' "total performance" story: Windows from R2 to R8; greatest protection available from fabric fading due to UV; the "quietest" windows you can buy, reduces outside noise to 1/20th original volume; and more! HURD MILLWORK COMPANY. FREE. Circle No. 5.

KOHLER—A complete set of full-color product catalogs covering baths and whirlpools, showers, lavatories, toilets and bidets, kitchen and bar sinks, faucets and accessories plus a color idea book. KOHLER CO. $8.00. Circle No. 6.

"Made To Order from Marvin"—illustrates how made-to-order wood windows and doors can enhance a home. Full-color, 24-page brochure helps you determine your needs for energy efficiency, maintenance and architectural design, then choose the products and options to suit those needs. Includes a section describing basic window and door styles. MARVIN WINDOWS. FREE. Circle No. 7.

Merillat's NEW Kitchen Design and Planning Kit—Design like a professional, includes everything you need for complete kitchen planning: Easy-to-follow instructions, decorating ideas, layout tools, product and specification brochures, checklists, and more. MERILLAT. $8.00. Circle No. 8.

WOOD BEAUTIFUL™ From Minwax—Informative full color, 36 page magazine helps bring the beauty of wood home. Wood Beautiful™ features page after page of decorator ideas with illustrative photographs, step-by-step projects, expert tips and a wood finishing contest. Also includes a valuable offer for an instructional video and special savings offers. MINWAX. FREE. Circle No. 9.

GARAGE DOOR OPENER SYSTEMS—Brochure describes new Access Control System, which includes a full line of garage door openers, plus several accessories which enhance the safety, security, and convenience of automatic door operation. You can use the opener's remote control to turn on/off house lights and appliances. OVERHEAD DOOR CORPORATION. FREE. Circle No. 10.

PEACHTREE DOOR & WINDOW BROCHURE—Send for Peachtree's new, free, 24-page brochure. The full-color piece details full line of Peachtree insulated entry door systems, Ariel pre-finished custom and standard windows, and complete patio door line. Technical data included. All products are covered with Peachtree's exclusive Non-Stop Warranty. PEACHTREE DOORS & WINDOWS. FREE. Circle No. 11.

"Making Great Window Decisions"—This free, informative booklet from Pella Corporation, offers helpful tips and advice for anyone planning to build or remodel their home. PELLA CORPORATION. FREE. Circle No. 12.

PC GLASSBLOCK® PRODUCTS—"GlasScapes" 28 pages are packed with exciting ideas for adding light and beauty to every room. Whether your home is traditional or contemporary... you're building or remodeling—PC GlassBlock® products will provide style, privacy, energy efficiency. Includes complete product guide and installation information. PITTSBURGH CORNING. $2.50. Circle No. 13.

PC GLASSBLOCK® PRODUCTS—Pamphlet presents attractive and functional ideas for windows, room dividers, showers and walls. Glass block save energy, enhance privacy and security, reduce noise and seal out dirt. The wide selection of patterns, sizes and shapes are shown and the easy installation systems reviewed. PITTSBURGH CORNING. FREE. Circle No. 14.

The Complete Guide to Roof Windows and Skylights—Free, full-color guide features complete line of VELUX Roof Windows, Skylights, Flashing Systems, Sunscreening Accessories and Controls. Includes design ideas for creating light-filled, spacious interiors and helpful hints on installation, choosing models and sizes and converting unused space into living areas. New 1993 products include full-function Electric Venetian Blind, Flat Roof Curb and Sunroom Planner. Dealer list included. VELUX-AMERICA. FREE. Circle No. 15.

FURNISHINGS

DUETTE® by HUNTER DOUGLAS—We Cover the World's Most Beautiful Views showcases the revolutionary Duette window fashion with energy-saving honeycomb pleat, available in a variety of rich designer colors, textures and fabrics. DUETTE®. $2.00. Circle No. 16.

DUETTE® by HUNTER DOUGLAS—The "Discover the Well-Dressed Window" consumer video showcases the entire Duette product line in a variety of exciting applications and room settings. Ideal and convenient for in-home viewing. Fully refundable with proof of purchase of Duette products. DUETTE®. $5.95. Circle No. 17.

FULL-LINE OF EUREKA VACUUM CLEANERS—A 6-page, full-color brochure provides photographs and information about more than 40 models of Eureka vacuum cleaners. Eureka, an industry leader, offers top quality at affordable prices. Send now for this exciting and insightful brochure so that you can choose the Eureka model suited to your cleaning needs. EUREKA VACUUM CLEANERS. FREE. Circle No. 18.

CEILING FANS—A 32-page 4-color booklet describes what features to look for before buying a fan and illustrates **Hunter's** line of quiet ceiling fans. Common problems are exposed with Hunter solutions. There are 44 different fan styles and sizes with over 40 decorative fan light fixtures and glassware. HUNTER FAN COMPANY. $1.00. Circle No. 19.

LANE®—This 42-page color catalog features quality dining and bedroom furniture, occasional tables, cedar chests, upholstery and unique accent pieces in many different furniture styles, including country and contemporary lacquer. LANE®. $5.00. Circle No. 20.

HEALTH

AMERICAN ASSOCIATION OF ORTHODONTISTS—For free information on orthodontics for adults and children, and a list of AAO-member orthodontists in your area. AMERICAN ASSOCIATION OF ORTHODONTISTS. FREE. Circle No. 21.

POOL EQUIPMENT

AQUA PRODUCTS—takes the work out of pool cleaning—automatically! The AQUABOT is a safe low voltage electronic robot that does not depend on your pool filter system. It scrubs and vacuums your pool bottom, walls and most steps while collecting all dirt (even algae) into its own cleanable filter bag. Saves chemicals, electricity and thousands of gallons of water annually. No installation. $5.00 redeemable coupon free with order. AQUA PRODUCTS. 50¢. Circle No. 22.

POOL COVER CATALOGUE—A 14-page, full color catalogue showing the SAVE-T COVER® automatic swimming pool cover and the STEP-SAVER® manual reel cover. Learn how both systems act as a summer, winter, solar and safety cover. The automatic version operates at the turn of a key. Applications for all shapes and styles are depicted. COVER-POOLS, INC. 50¢. Circle No. 23.

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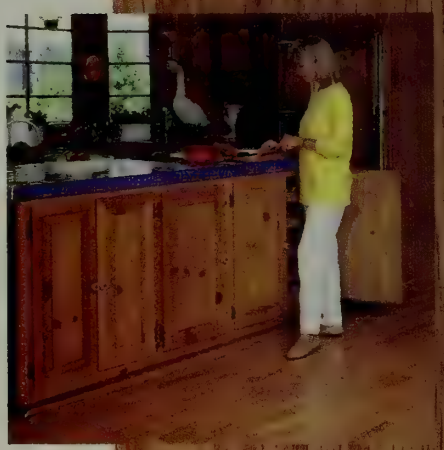
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FAMILY VACATION IDEAS



MARINE WORLD AFRICA USA, VALLEJO, CA

Sultan the California Sea Lion kisses Crista Collins during a show at Marine World Africa USA in Vallejo, California.

ZOOS WITHOUT CAGES

Marine World Africa USA
Vallejo, California

To learn about other zoos, turn to *page 179.*

What! You want me to walk among those fish?

Why not? You're probably safer strolling among the sharks at Marine World Africa USA than walking to your corner market.

Celebrating its 25th animal-versary this year, this popular marine park and oceanarium in Vallejo, California, is a beautiful 160-acre showcase for mammoth killer whales, elephants, and butterflies.

Along with seven major animal shows each day—featuring killer whales, dolphins, comical sea lions, stately tigers, elephants, chimpanzees and exotic birds—the park offers exceptional viewing opportunities for sharks and hundreds of other exotic fish native to the tropical outer reef environment.

You'll enter the 300,000-gallon underwater habitat of the Shark Experience on a moving walkway that takes you through a clear acrylic tunnel. There you'll find yourself surrounded by some of the finest specimens of tropical sharks in captivity.

A special exhibit, Dinosaurs, A Prehistoric Adventure, runs through October. Traveling back in time, you enter a Jurassic-era forest inhabited by moving, roaring replicas of prehistoric giants. A 24-foot-tall tyrannosaurus rex dominates the scene as it did many millennia ago.

While you ponder the extinction of these magnificent creatures, your kids can enjoy digging up a life-size fossil buried in a huge sandbox.

At the Elephant Encounter, you can touch, ride, and feed Asian and African pachyderms of various sizes. In Butterfly World, the only free-flight butterfly habitat west of the Mississippi, you'll be able to stroll among thousands of fluttering, colorful butterflies from around the world.

The walk-in Lorikeet Aviary offers you the chance to feed fruit to a gregarious flock of brightly colored exotic birds.

For the most spectacular ride to the park, take the Red & White Fleet's high-speed catamaran ferry that runs from Pier 41 in San Francisco. The hour-long cruise up San Francisco Bay offers a view of four bridges, including the Golden Gate, and travels past Alcatraz and several other areas of interest before landing in Vallejo.

Admission: $22.95; ages 4–12, $16.95; 60 and over, $19.95. *Marine World Pkwy., Dept. BHG, Vallejo, CA 94589; 707/644-4000.*

Nearby attractions: Napa Valley vineyards, many open for tours and tasting; San Francisco's Fisherman's Wharf, lined with shopping and places to eat; the Red & White Fleet's various tours to Bay attractions and Alcatraz; and the California Academy of Sciences, a natural history museum and aquarium. Additional information: *San Francisco CVB, 201 Third St., San Francisco, CA 94142-9097; 415/391-2000.*

—By Tim O'Brien

KAUAI UPDATE

To go or not to go?

Wondering if Hurricane Iniki washed away your dream vacation to the Hawaiian paradise of Kauai?

Travel experts say that this fall may be the best time to visit the Garden Isle—if you can overlook a busy reconstruction atmosphere and forego some resort amenities.

"I firmly believe that this is an ideal time to visit Kauai," says Gerry Jung, spokesperson for the American Society of Travel Agents (ASTA), who recently returned from the island. But, he adds, travelers should realize that Kauai is in transition.

The good news is that the natural scenic beauty of the island has reemerged. While there still remains some evidence of the hurricane's damage to larger trees, the lush ground covers have grown back. State parks and hiking trails have reopened.

Why else should you consider a Kauai vacation this fall?

- Tour operators, restaurants, and hotels offer lots of special discounts to entice tourists back to the island.
- Kauai has fewer visitors than usual.
- The aloha spirit survived. Islanders welcome tourists.

But Kauai still has problems. Weigh the following in your decision.

- Nearly 50 hotels and resort properties remain closed; others are not fully operational. When booking your hotel, ask about the status of the restaurant, pool, tennis courts, and other amenities.
- Kauai's laid-back attitude gave way to industrious rebuilding. Reminders of Iniki's ravages include noisy construction, trucks full of supplies, and refuse collection areas.

For updates on accommodations and activities, call the Kauai hotline, *800/262-1400.*

—By Diane Bair and Pamela Wright

PENNY-PINCHING ESCAPE

Who has the time or the budget for a vacation? This fall, a number of hotels offer special discount packages perfect for a quick weekend getaway.

For example, a Beat the Rush

continued on page G5

TRAVEL PLANNING

See *page G4* for a listing of free travel information and literature you can order.

FREE TRAVEL INFORMATIO

(ADVERTISEMENT)

The Better Homes and Gardens® travel advertisers listed below will provide you with free information about their facilities and services. Circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers. If the coupon has been used, send your list of the numbers to Better Homes and Gardens, 1716 Locust St., Dept. 309W, Des Moines, IA 50309-3023

ARIZONA

1. **Rancho De Los Caballeros in Wickenburg**—Entire family will enjoy this ranch resort with golf, tennis, horseback riding and children's programs. 602-684-5484.

ARKANSAS

2. **Arkansas Tourism**—Arkansas is a colorful place to visit during spring and summer. Send for your free Vacation Planning Kit. Call 1-800-NATURAL.

CANADA

3. **Tourism Quebec, Canada**—For information & reservations—1-800-363-7777, operator 030 & receive free summer holiday brochure.

COLORADO

4. **Copper Mountain Resort**—98 trails, 20 lifts and bowl skiing. Send for information and package prices.

CONNECTICUT

5. **Connecticut Tourism**—Free vacation guide highlighting year round vacation destinations with listings of attractions, lodging, activities & special events. Info or room reservations 1-800-CT-BOUND.

CRUISES

6. **American Family Cruises**—The greatest family vacation on earth. 7-day Caribbean/Alaska cruises. 4 kids programs, sports, babysitting and more.
7. **Consolidated Cruises**—Cruise specialists who know the ships and the best buys available on all major cruise lines. No hassle bookings. Ten years experience. The right ship at the right price.

FLORIDA

8. **Kissimmee St. Cloud**—Offers savings this fall and winter at many attractions and accommodations.
9. **Lee Island Coast**—Southwest Gulf Coast of Florida. Sanibel & Captiva Islands, Ft. Myers area. 800-533-4753, Ext. 152.
10. **Orlando!**—Save hundreds on your vacation! Call 1-800-527-4352 for your FREE ORLANDO MAGICARD™ and Official Visitor Guide.
11. **Pensacola**—Experience rich heritage & the world's most beautiful beaches in Pensacola, Florida's Warmest Welcome.
12. **Polk County**—Tourist development—Central Florida Convention & Visitors Bureau 1-800-828-7655.
13. **Vacation Villas USA—Disney/Epcot Area Condominiums & Homes**—2 & 3 Bedroom units. Fully equipped kitchens. Off hwy. 192 in Kissimmee. 1-800-633-1053.

HAWAII

14. **Aston Kamaole Sands, Maui**—Near Wailea and the beach. Suites with kitchens, daily maid service.
15. **Aston at the Waikiki Banyan**—Family resort, 1-bedroom condominium suites with complete kitchens.

HOTELS

16. **Holiday Inn®**—Your family vacation and reunion headquarters. FREE Family Reunion Planning Guide & listing of over 700 family reunion headquarter hotels

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17. **Springfield, Illinois**—The City Lincoln Loved. FREE Family Vacation Planning Packet. 1-800-545-7300.

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21. **Lake County Tourism**—Free brochure. Beaches, entertainment, shopping, festivals, sightseeing. 1-800-255-5253.
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IOWA

23. **Visit Iowa**—Discover Iowa Treasures. Call 1-800-345-IOWA for a free Guide.

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24. **Golf Kansas**—A variety of unique landscapes has placed several Kansas courses in the nation's top 100. For colorful info, 913-296-2009.

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25. **The Historic Grand View Lodge**—On Gull Lake, is MN's premier family resort. 2 golf courses. Tennis. Fishing. Acclaimed children's program. 800-432-3788.

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26. **St. Louis**—7 recommended St. Louis tours. For free tour package brochure, discount card & visitors guide, 1-800-888-FUN-1.

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NORTH CAROLINA

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31. **Lake Farmpark**—A 235-acre open-air science & cultural center. Explore agriculture, farming & country life. 25 miles east of Cleveland. 1-800-366-FARM.
32. **State Park Resorts**—8 locations, open year ro Full service, golf, tennis, cocktails. Kids free. 1-AT-A-PARK.

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34. **Pennsylvania Dutch Country, Lancaster Cou** Free 36-page visitors guide—Send card or phe 1-800-735-2629, Ext. 4200. Pennsylvania, Am starts here!

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38. **Sands Oceanfront Resorts, Myrtle Beach**— resorts offering 25% off Sept. 6 – 30 with a 4 n stay. 1-800-845-6701.
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40. **South Carolina—This is your day in the sun**— Free travel guide & map. 124 pages of golden beaches, championship golf, historic plantations scenic foothills, outlet shopping & events. 1-800 346-3634.
41. **Wild Dunes Reservations**—Near Historic Charleston. Call for free color guide. 1-800-346 0606, Ext. 449.

TENNESSEE

42. **Tennessee Tourism**—Good times… great mu gorgeous scenery… you'll find them all in Tenne Send for your free Tennessee Vacation Guide to

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47. **Virginia Beach is Good, Clean, Fun**—Call for free 16-page color vacation planner. 1-800-VA-BEACH. (1-800-822-3224).

WISCONSIN

48. **Wisconsin Dells**—Guide plus 20% coupons. 1 pages, tours, Indian experiences, waterparks, accommodations, campgrounds. 800-22-DELL Ext. 199.

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1	8	15	22	29	36	43
2	9	16	23	30	37	44
3	10	17	24	31	38	45
4	11	18	25	32	39	46
5	12	19	26	33	40	47
6	13	20	27	34	41	48
7	14	21	28	35	42	

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...inued from page G3

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...By Diane Bair and Pamela Wright

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Thanks to a special state-by-state ...nsportation network, more folks ...e taking advantage of an increasing ...mber of cross-state hiking and bik... ...g trails. Forty-five states have con... ...rted abandoned railroad corridors ...d right-of-ways into public-use rec... ...ational paths, and all states have ...rojects in the works. Today, there are ...ore than 500 nationwide rail-to-trail ...nversions, many providing scenic ...utes along lakes and streams, and ...rough woodlands, mountain val... ...ys, and picturesque villages.

For more information about hiking ...nd biking trails, contact the ***Rails to ...Trails Conservancy, 1400 Sixteenth St., ...W, Dept. BHG, Washington, DC ...0036.*** The Conservancy also offers ...he "500 Great Rail Trails" guide... ...ook ($7.95 to Conservancy members, ...9.95 to nonmembers), which lists ...nore than 500 trails across the U.S.

...—By Diane Bair and Pamela Wright

...UPSTART AIRLINES

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"Southwest Airlines has demon... ...strated that a little carrier can success... ...fully compete against large U.S. ...carriers by maintaining a low cost ...structure and offering extremely low ...fares," says Andrew Nocella, senior ...airline analyst, Avmark Inc.

You'll give up that in-flight meal, ...but you'll save enough money for a ...gourmet splurge once you reach your ...destination. Upstarts include Kiwi In... ...ternational Airlines (*800/538-5494*), Morris Air Service (*800/444-5660*), Skybus (*800/775-9287*), Reno Air (*800/736-6247*), and the granddaddy of alternative airlines, Southwest Airlines (*800/435-9792*).

—By Diane Bair and Pamela Wright

HOT SPOTS

The Sunshine State tops the list of hot vacation destinations, according to a recent travel survey by the American Society of Travel Agents (ASTA). Ninety-four percent of the travel agents who participated in the survey rank Florida as this year's prime domestic destination.

The western United States features a number of popular vacation sites, according to the agents, who could select multiple destinations. California came in second (70 percent), followed by Las Vegas (42 percent), Hawaii (24 percent), and Arizona (17 percent).

What makes a place sizzle? Travelers want a good climate, amusement parks, and to visit family and friends on their vacations.

—By Diane Bair and Pamela Wright

TRAVEL DIRECTORY

VACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY

HAWAII

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Here in the heart of Waikiki, Aston at the Waikiki Banyan has everything you need to feel at home in the islands. Spacious air-conditioned suites offer the comforts of home -- with complete kitchens, separate bedrooms, private lanais and daily maid service. Pool, tennis court, snack bar and barbecue grills. Plus the beach, shopping and attractions are all nearby. Ask about our special Budget car rates from $9 daily and senior discounts.

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One-bedroom suites, 4/1-12/22/93.

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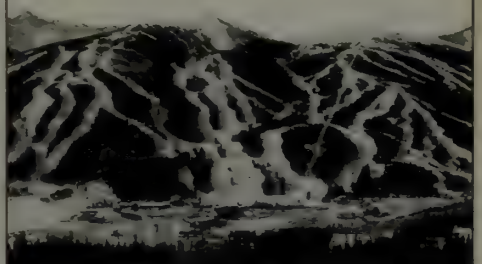
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Cooking once for two meals

It's bound to happen—some nights your family just can't rally for dinner. Be ready for those hectic days by making some serve-one, serve-all dinners. Eat these fresh one night, then freeze the rest to heat and eat later.



Salsa tops ever-so-cheesy turkey bundles.



PERRY STRUSE

Serve Mediterranean-style chicken with crusty Italian bread.

CHILI TURKEY LOAVES

Serve with tossed greens, black beans, and tortillas—

- **2 4-oz. cans whole green chili peppers, drained**
- **8 oz. sharp cheddar *or* Monterey Jack cheese**
- **2 eggs**
- **⅓ cup tomato sauce**
- **½ cup fine dry bread crumbs**
- **½ cup finely chopped onion**
- **1 tsp. dried oregano, crushed**
- **1 tsp. chili powder**
- **1 clove garlic, minced**
- **2 lb. ground raw turkey**
- **1 7- or 8¾-oz. can whole kernel corn, drained**
- **Bottled salsa**

Cut peppers into 8 portions; remove seeds. Cut 4 ounces of cheese into eight 3x½x½-inch sticks; shred remainder. Beat eggs; stir in tomato sauce, crumbs, onion, oregano, chili powder, garlic, and ½ teaspoon *salt.* Add turkey; mix well. Divide into 8 portions; form each into a 6x4-inch rectangle. In centers, place *some* of the corn, a pepper portion, and a cheese stick. Roll up from short sides; seal. Bake or freeze as directed. Serves 8.

To bake without freezing: Arrange loaves, seam side down, in a shallow baking pan. Bake, uncovered, in a 350° oven 30 minutes or till no pink remains. Spoon off fat. Top with shredded cheese. Heat 2 to 3 minutes or till melted. Top with salsa.

To freeze: Place, seam side down, on a waxed-paper-lined tray; freeze. Wrap, seal, and freeze individually.

Heating directions: Place unwrapped frozen loaves in a baking pan. Bake, covered, in a 350° oven 45 minutes. Uncover; bake 10 minutes or till no pink remains. Spoon off fat. Top with shredded cheese; heat 2 minutes or till melted. Top with salsa.

Nutrition information per serving: *326 cal., 20 g fat, 125 mg chol., 25 g pro., 12 g carbo., 562 mg sodium, 1 g fiber. RDA: 30% calcium, 15% iron.*

PIMIENTO CHICKEN

- **2 whole medium chicken breasts, skinned, boned, and halved lengthwise**
- **1 Tbsp. cooking oil**
- **¾ cup chopped onion**
- **2 cloves garlic, minced**
- **¾ cup parboiled (Converted) rice**
- **1 cup sliced fresh mushrooms**
- **1 14½-oz. can chicken broth**
- **½ cup dry white wine**
- **⅛ tsp. ground saffron**
- **1½ cups frozen peas, thawed**
- **1 2-oz. jar sliced pimiento**
- **Grated Parmesan cheese**

In a skillet cook chicken in hot oil about 6 minutes or till no pink remains, turning once. Remove; keep warm. Cook onion and garlic in oil till tender. Stir in *uncooked* rice and mushrooms. Add broth, wine, saffron, and ¼ teaspoon *pepper.* Bring to boiling; reduce heat. Cover; simmer 20 minutes or till tender. Stir in peas and *drained* pimiento; heat through. Serve over rice; top with Parmesan. Serves 4.

To freeze: Cool 15 minutes. Spoon into 4 individual oven- or microwave-safe casseroles and freeze.

Conventional heating directions: To reheat, bake frozen casseroles, covered, in a 350° oven for 1 to 1¼ hours.

Microwave directions: Cook 1 or 2 frozen casseroles, covered, on 70% power (medium-high) till hot, rearranging once. Allow 8 to 10 minutes for 1; 13 to 16 minutes for 2 dishes.

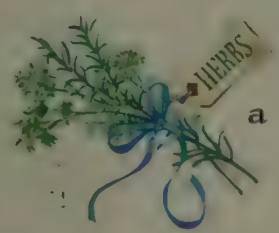
Nutrition information per serving: *368 cal., 8 g fat, 48 mg chol., 26 g pro., 42 g carbo., 526 mg sodium, 4 g fiber.*

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JOIN THE FIFTH ANNUAL GREAT AMERICAN YARD SALE!

Saturday, September 18, 1993

Help us help homeless families by participating in the Fifth Annual Great American Yard Sale, sponsored by members of Better Homes and Gardens® Real Estate Service around the country.

Sale proceeds will go to The Better Homes™ Foundation and local programs working with homeless families. Check the list on this page for what's happening near you, then give a call, pitch in, and have a ball!



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KENTUCKY
Home Realty, Owensboro, 502/684-6221. Yard Sale in June
T.W. Shortt & Associates, Realtors, Radcliffe, 502/352-2283

MASSACHUSETTS
Crowley Associates, Realtors, Buzzards Bay, 508/759-4430

MICHIGAN
Blue Water Real Estate, Inc., St. Clair, 313/329-4771
First Realty of Michigan, Monroe, 313/242-3344
Muladore Real Estate, Inc., Saginaw, 517/799-7460
The Richwine Company, Ann Arbor, 313/761-9766
Westdale, Grand Rapids, 616/942-2300
Woodhaven Real Estate, Inc., Three Rivers, 616/273-8431

MISSOURI
Gaslight, Realtors, Columbia, 314/876-5000
Mayfield Real Estate, Park Hills, 314/431-3667

NEBRASKA
Gateway Realtors of Hastings, Hastings, 402/463-4561

NEVADA
Ponte Realty, Carson City, 702/887-1300

NEW JERSEY
Sawyers Realty Co., Inc., Vineland, 609/794-3009

NEW MEXICO
Dunagan Associates, Carlsbad, 505/885-2138
Steinborn Inc., Realtors, Las Cruces, 505/526-4491

NEW YORK
Preferred Realty Inc., Northern Westchester, 914/764-0000

NORTH CAROLINA
Morton, Miller & Walker Associates, Jacksonville, 919/455-0417
Town & Country Real Estate, Goldsboro, 919/734-1100. Open House September 19

OHIO
Galbreath, Troy, 513/339-5321. Nite Out August 27

OREGON
The Preferred, Beaverton, 503/626-6700

PENNSYLVANIA
Coleen Christy Realty, Warren, 814/723-3910
Muriel Farrell & Associates, Wysox, 717/265-8906
Northwood Realty Co., Kittanning, 412/548-4157
Northwood Realty Co., Robinson Township, 412/922-7550

RHODE ISLAND
Albert Realtors, Warwick, 401/732-3399

TENNESSEE
Realty Center of Chattanooga, Inc., Chattanooga, 615/756-2811. Golf Tournament May 27

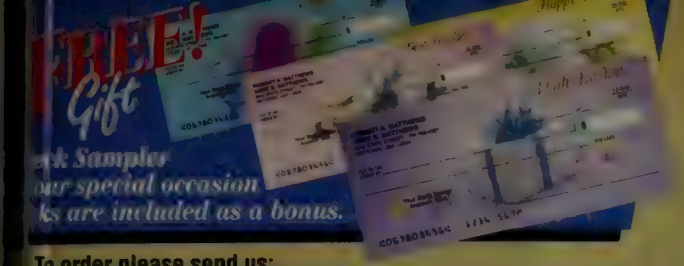
TEXAS
American Dream Realty, Killeen, 817/634-0208
Covington Realty Inc., Rowlett, 214/475-3943
Gary Green Realtors, Tomball, 713/351-2240
Great American Realty, Garland, 214/495-4600
Posey Properties Realtors, Plano, 214/596-3000

VIRGINIA
Berkeley Realty Inc., Williamsburg, 804/229-0550
Gwyn & Harmon, Realtors, Roanoke, 703/989-8888

WASHINGTON
MacPherson's, Inc. Real Estate, Auburn, 206/735-4414
MacPherson's, Inc. Real Estate, Federal Way, 206/661-1111
MacPherson's, Inc. Real Estate, Kirkland, 206/822-0263
MacPherson's, Inc. Real Estate, Lynnwood, 206/778-2101
MacPherson's, Inc. Real Estate, Marysville, 206/659-1253
MacPherson's, Inc. Real Estate, Puyallup, 206/848-9906
MacPherson's, Inc. Real Estate, Seattle North, 206/546-4124
MacPherson's, Inc. Real Estate, Woodinville, 206/483-0511

WISCONSIN
Advantage Real Estate, Tomah, 608/372-7653

WYOMING
Cloud Peak Realty, Sheridan, 307/672-8925



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Your **PAYMENT CHECK** made payable to **"Custom Direct."**

This **COMPLETED ORDER FORM.** No telephone orders, please.

839

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Send me check style _____

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NOTE: Unless you tell us otherwise, we will ship orders to the address we print on your checks. Allow 3-4 weeks for regular delivery. We reserve the right to return incomplete orders.

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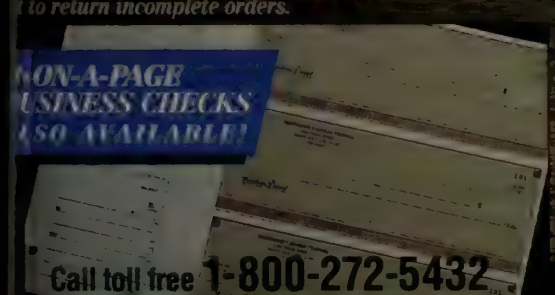
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e 50% or more by ordering directly from nufacturer. Order 200 personalized -part checks for $4.95. (Save on reorders – only $6.95.) Or 150 duplicate checks with bonless copies for $5.95. (Reorders only 51) *Check register, one-part deposit tickets free vinyl cover included.*

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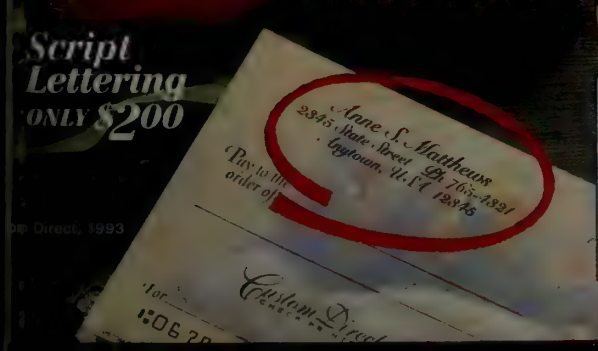
Allow 3-4 weeks for regular delivery. We reserve the to return incomplete orders.

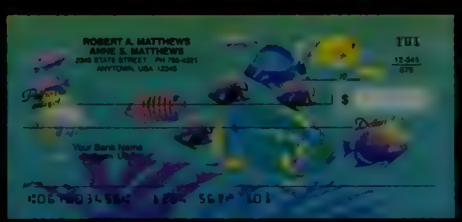


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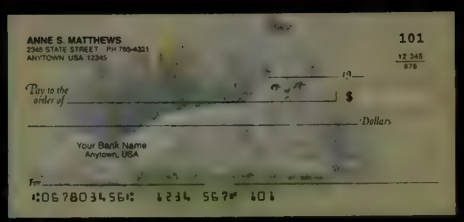
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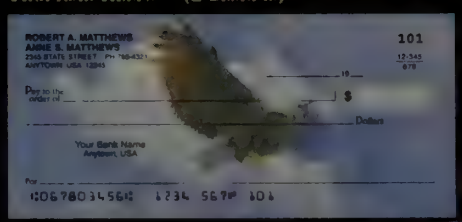




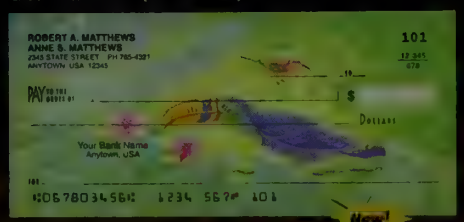
TROPICAL REEFS* (2 DESIGNS)



CAT CAPADES (4 DESIGNS)

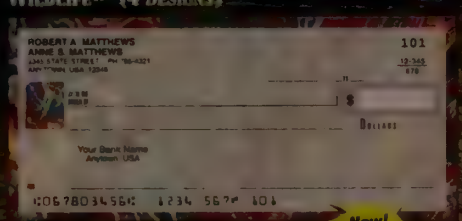


WILDLIFE* (4 DESIGNS)



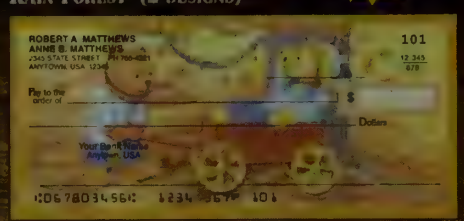
RAIN FOREST (2 DESIGNS)

New!

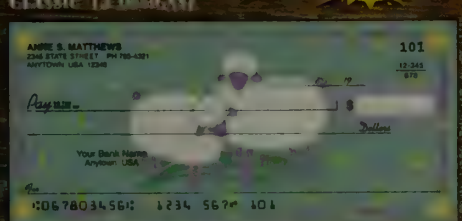


CLASSIC (2 DESIGNS)

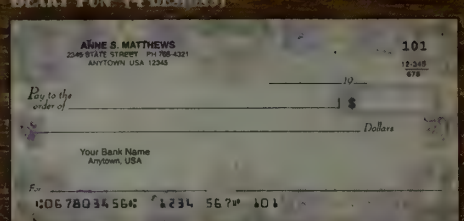
New!



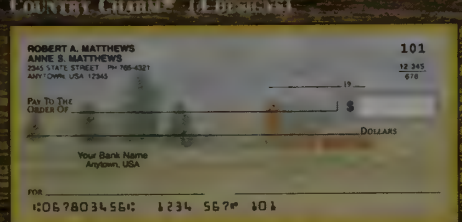
DEARY FUN (4 DESIGNS)



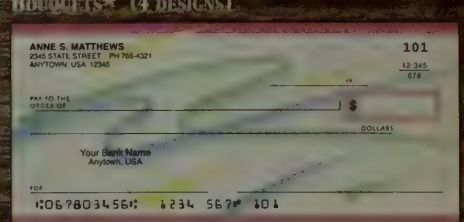
COUNTRY CHARM* (4 DESIGNS)



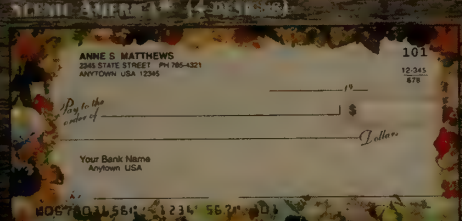
BOUQUETS* (4 DESIGNS)



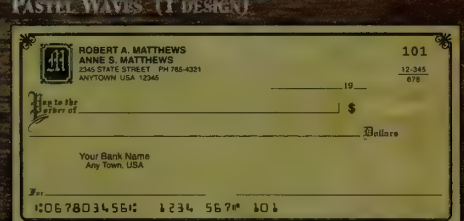
SCENIC AMERICA* (4 DESIGNS)



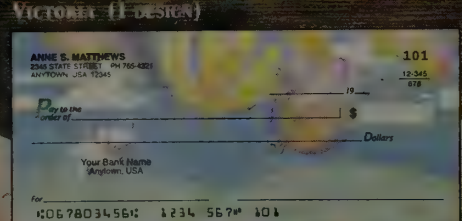
PASTEL WAVES (1 DESIGN)



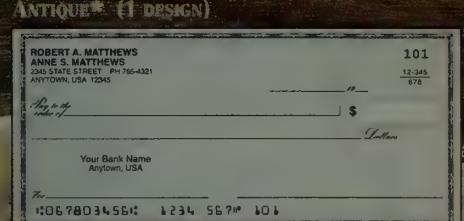
VICTORIAN (1 DESIGN)



ANTIQUE* (1 DESIGN)



FLIGHTS OF FANCY (4 DESIGNS)



BUTTERFLIES* (1 DESIGN)

EXTERIOR EXCITEMENT
Add color for character



ILLUSTRATIONS JIM BUCKELS

A sash color darker than the trim makes windows appear to recede into the facade. A sash color lighter than the frame gives the window more prominence.

Today, the little white house with a picket fence has nearly gone the way of the dinosaurs. Homeowners have discovered that color styling enhances the architecture and the resale value of their homes—and that color is a valuable tool in creating individual character and flair.

Adding color packs punch or provides subtlety for the outside of your house. It can help your house blend with natural surroundings or boldly assert its presence as a dominant element on the scene.

Color highlights architectural features and shows off the proportions of a well-designed home. Or, it smooths out awkward features in a house.

Historical colors emphasize your home's link to the past, while a special palette of contemporary colors can modernize a dated-looking house.

You can't hide a poor color choice on your home, so take some time in selecting a good scheme. Start by thinking about the colors you feel comfortable with. Bring home some color swatches from your local paint or hardware store and let your imagination take over. The following considerations should help you shape your final decision:

Architecture. If your house is an example of a particular period style, history may suggest appropriate color combinations. A Victorian, for instance, can sport an intricate multicolor scheme that shows off its quirky architectural embellishments. A contemporary ranch might benefit from semitransparent wood stains that emphasize its natural materials and strong horizontal lines.

Roof. A pleasing contrast is important when you choose colors that go near roof shingles. But if your shingles are barely visible from the front yard, you needn't let them dictate your color choices for the rest of the house.

Landscape and climate. Sometimes the landscape and climate can offer color cues for your home. For example, a house surrounded by tropical foliage that looks bright and cheerful in a warm climate might seem garish with an unbroken expanse of white snow for a backdrop. Some colors will blend your home with its natural surroundings; others will make it stand out.

Neighborhood. In general, your home's color scheme should harmonize, not clash, with others in your neighborhood.

Number of colors. You'll probably choose a mass color for the body of the house and a trim color. But you may want to consider a third or even a fourth color for accents. Dramatize your windows and doors, or accent them subtly.



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3) MY REGULAR BRAND IS: _____

4) FLAVOR: ☐ Menthol ☐ Non-Menthol **5) LENGTH:** ☐ Regular or King ☐ 100's/Long ☐ 120's/Extra Long **6) TYPE:** ☐ Ultra Light ☐ Light/Low Tar ☐ Full Flavor ☐ Non-Filter

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Pizza *di* Gallo Salame.



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A pocket of apple butter makes these muffins self-buttering.

Combine flour, sugar, baking powder, cinnamon, and ½ teaspoon *salt.* Cut in shortening till mixture resembles coarse crumbs. Combine egg and milk; add all at once to flour mixture. Stir just till moistened. Gently fold in nuts.

Grease muffin cups or line with paper bake cups. In *each* cup, place *2 tablespoons* batter, *2 teaspoons* apple butter, *2 tablespoons* more batter, and Cinnamon-Sugar Topper. Bake in a 400° oven about 20 minutes or till golden. Remove from pan. Makes 12 muffins.

Cinnamon-Sugar Topper: Combine 1 tablespoon *sugar* and ¼ teaspoon *ground cinnamon.*

Nutrition information per muffin: *248 cal., 3 g pro., 31 g carbo., 13 g fat, 24 mg chol., 157 mg sodium, 129 mg potassium, 2 g dietary fiber. U.S. RDA: 11% thiamine.*

FOOD

HIDDEN TREASURE MUFFINS

Apple butter—that's the surprise hidden inside these tender, moist muffins, hot from your oven.

APPLE BUTTER MUFFINS

- 1¾ cups all-purpose flour
- ½ cup packed brown sugar
- 2 tsp. baking powder
- 1 tsp. ground cinnamon
- ½ cup shortening
- 1 slightly beaten egg
- ¾ cup milk
- ½ cup chopped pecans *or* walnuts
- ½ cup apple butter
- 1 recipe Cinnamon-Sugar Topper

Pasta Salad *alla* Gallo Salame



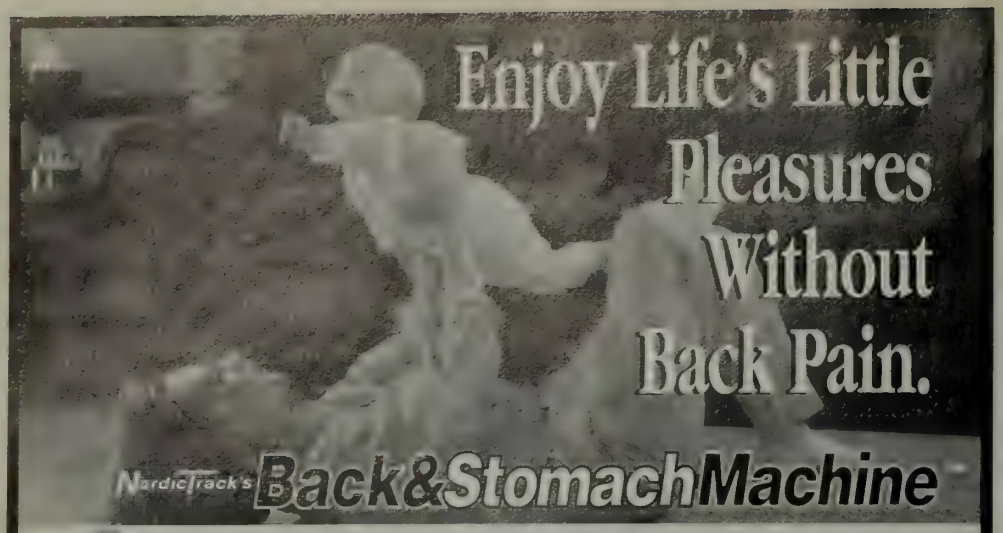
It's always easy to make it *Italian.*



Pasta Saladventure recipe: Surprising fare for a party of four. Cook a pound of multicolored, spiral-shaped fusilli. Arrange it on a bed of romaine lettuce, with a quarter-pound of salami cut into sticks. Add small zucchini and a yellow squash, sliced and steamed. Slice a small tomato and red onion. Cut yellow and red bell peppers into julienne strips. Garnish with black olives. Then crown it all with T. Marzetti's delicious Chunky Blue Cheese Dressing. Refrigerated fresh in your grocer's produce department.

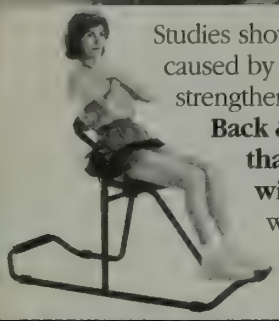
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Help redraw their world.
free information
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TAKE A BITE OUT OF CRIME
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BUILDING

HOME POWER GENERATORS



Gasoline-powered electr generators are handy in all types situations—good, bad, and ugl When lightning, floods, or other disa ters knock out your utility power, home generator can keep your ligh on, your appliances functioning, an your home livable. In fair weathe generators extend the reach of electr lawn and garden tools, and provid electricity for construction projects.

The first step in choosing a gener tor is to assess your needs. There ar three basic categories:

Recreational generators are goo for charging batteries, powering cam lights, radios, and small television These range in output from 350 t 1,000 watts, and you'll find costs fro $250 to $500.

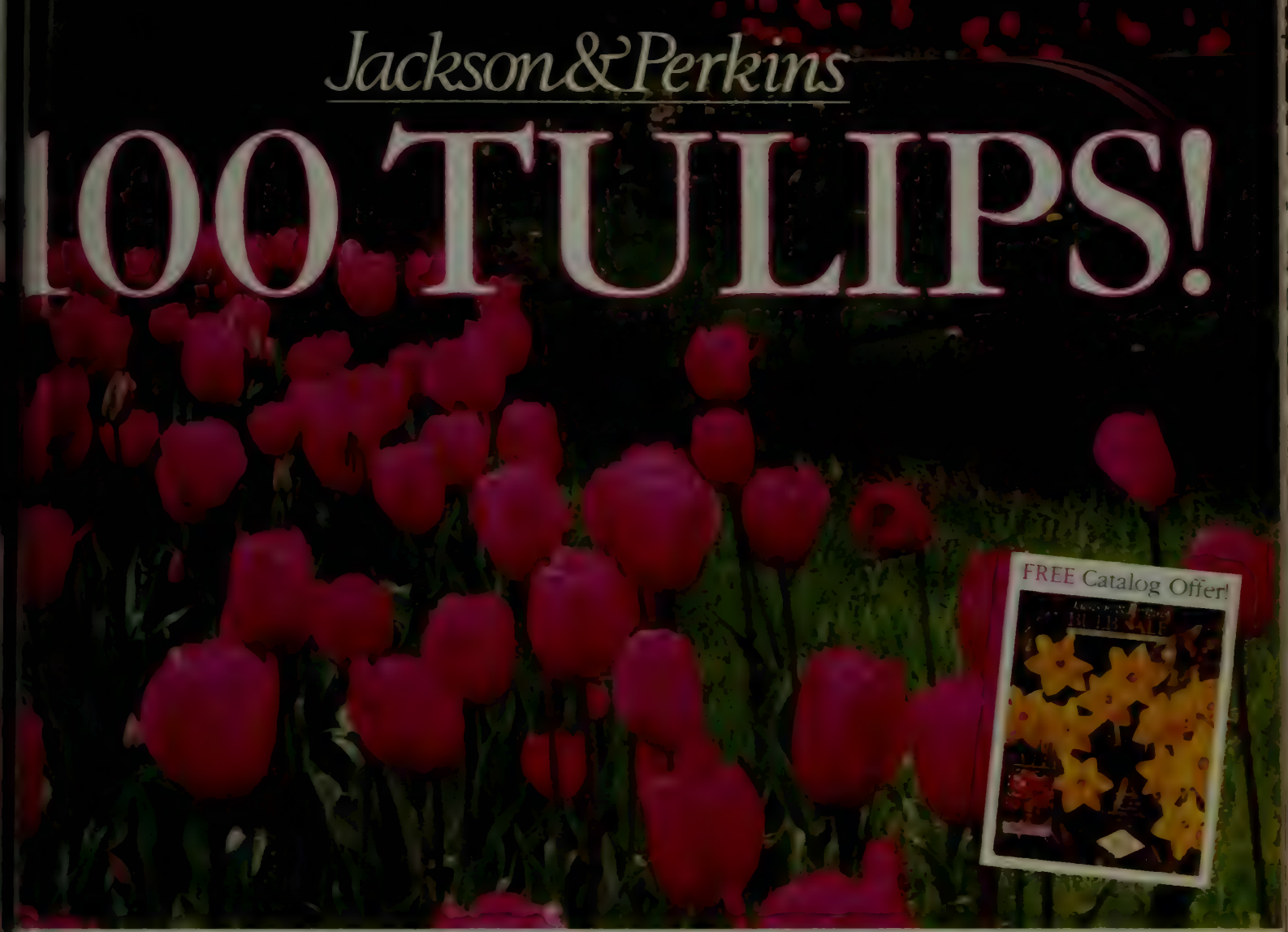
Residential models can be eithe the heavy, stationary 5,500-watt mod els that power a whole house, or th portable 1,200- to 3,000-watt mode that power electric tools and a fe select appliances. Costs vary fro $350 to several thousand dollars.

Construction generators offe plenty of power, multiple outlets, an portability. Power output ranges fro 2,000 to 5,000 watts. Costs range fro $350 to $1,500.

Features and extras include: ci cuit breakers, DC battery-chargin capability, four-cycle engine, low-o warning system, electronic ignitio spark-arresting mufflers, and multip outlets. Idle control lets the generat slow down between start-and-stop de mands for electricity.

Jackson&Perkins

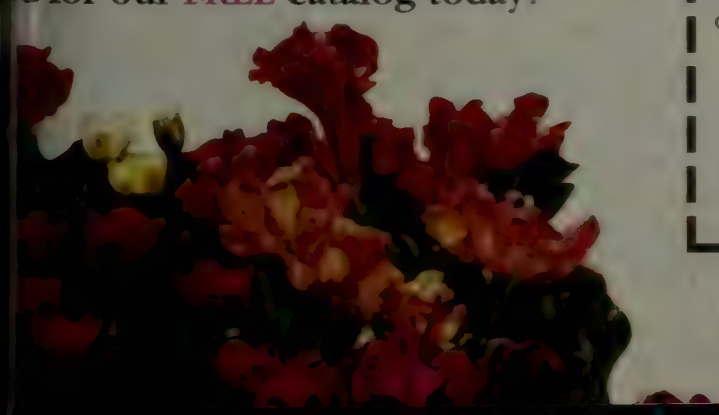
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WOOD FLOOR FINISHES
A user-friendly guide



Different finishes require different upkeep.

Beautiful wood floors are hot options in homes today. But choose the finish for your wood floor carefully—it will affect your floor's appearance, wear, and care.

SURFACE FINISHES

A surface finish forms a hard, clear film that takes scratches and wear, sparing the wood underneath.

Polyurethane is the most popular residential surface finish. It resists water, alcohol, and most household chemicals.

Moisture-cured polyurethane has a glossy, plastic appearance. It's the most durable polyurethane available but it does require professional application.

Oil-modified polyurethane is a popular option available in glossy, satin, or matte finishes. It yellows a bit when exposed to light, so is best on brown rather than white shades.

Water-borne polyurethane is a colorless new product available in glossy and satin finishes.

Ultraviolet-light-cured (UVC) polyurethane is a tough, stain-resistant, factory-applied finish offered on new laminated wood floors.

Lacquer, varnish, and shellac are old-fashioned surface finishes that are seldom used on wood floors these days. They're prone to water damage, color change, scratches, and wear.

CARE FOR SURFACE FINISHES

Vacuum a polyurethane surface at least once a week, more if traffic is heavy. Remove spills and dirt with a thoroughly wrung damp mop. You may add a few drops of dish soap to the water for an oil-modified or moisture-cured surface. On a water-borne polyurethane surface, use one-fourth cup of white vinegar in a quart of water. Buff with a soft towel or buffing machine. Oil soap can leave a residue on a polyurethane surface. Before you try a commercial solution, ask the installer or call the National Wood Floor Association at 800/422-4556.

Scratches on polyurethane are almost impossible to touch up. When a surface becomes worn—in three to 10 years depending on the amount of traffic—it will need refinishing.

PENETRATING FINISHES

Penetrating finishes sink into the wood and seal it. They enhance the wood's appearance with a soft patina. Wax is applied as a protective layer.

Linseed oil and tung oil require several applications and lots of rubbing to saturate the grain.

Commerical resin-oil finishes use a synthetic or natural resin that hardens inside the grain, helping to toughen the wood. They require fewer applications.

CARE FOR PENETRATING FINISHES

Use a dust mop or vacuum cleaner with a soft brush attachment at least once a week, more if traffic is heavy. Penetrating finishes require buffing every three to four months and waxing every year or two.

Scratches and wear don't show as quickly on penetrating finishes as on surface finishes, but traffic can wear the wood along with the finish. Water left on a penetrating finish will turn it milky white, just as a wet glass leaves a ring on a piece of furniture. Damaged spots can be rubbed with sandpaper and rejuvenated with an application of more oil.

ENVIRONMENTAL QUESTIONS

Manufacturers are working to develop safe products that do the job, but some wood finishes on the market are harmful to the environment. In congested urban areas, paints and finishes account for up to 2 percent of the smog. For the environmentally conscious, here are a few ways to check out the products.

- If you're a do-it-yourselfer, look on the label for an Environmental Protection Agency compliance statement indicating that the product meets requirements for volatile organic compounds (VOCs) in your state.
- If you're working with professionals, ask them about environmental effects of your options. Generally, any product that requires the use of an air filter or respirator during installation is going to harm the atmosphere.
- In smog-prone areas, opt for water-borne polyurethane, which meets EPA requirements for VOCs.



s (clockwise): Blue Jay, Hummingbird, Chickadee, Kinglet, Oriole. Sculptures shown smaller than actual sizes of 3 7/16" to 4 3/16" high.

x, Inc. 1993

re-eminent porcelain masterworks, eight years in the making.

The award-winning collection of bird sculptures, renowned for its realism and precisely handcrafted beauty.

olor, the grace, the varied beauty rds, never more exquisitely por- d than in *The Lenox Garden Bird ture Collection*. The pre-eminent collection of hand-painted bird sculptures, eight years in the making. And it marks a major achievement in porcelain bird art. The sculpture collection renowned for its realism, awarded for its artistry.

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PET UPDATE

IDEAS FOR ANIMAL LOVERS



ANDY LYONS

PRETTY AS A POODLE

Choosing a groomer

Just because your dog looks good with a shiny coat and ribbons when you pick her up from the groomer doesn't mean that Fifi was treated well. Unlike hairdressers, groomers in most states do not have licensing requirements.

To evaluate the competence of a groomer, Sherry Berger, president of the American Grooming Shop Association in Colorado Springs, suggests:

- See if the shop is clean.
- Talk to the groomer, not just the front-desk person, to judge animal rapport.
- Give the groomer any special instructions you want carried out.
- Evaluate your pet's demeanor when you pick it up. "The dog should be reasonably stable, happy, and not cowering or exhibiting any form of fear." Cringing signals that your pet may have been mistreated, through brutality or tranquilizers. No groomer should use tranquilizers without a veterinarian's prescription and your consent. Your pet may be tired after a grooming session, but it should not sleep excessively or lose the use of its faculties.

—By Candyce Stapen

BRING YOUR PETS INN

Dog- and cat-friendly lodgings

Traveling with pets can be doggone difficult if you need to stay at a hotel or motel. Although many places prohibit pets, other lodgings welcome travelers with cats and dogs. The 1993 edition of *Pets-R-Permitted: Hotel, Motel, Kennel, & Petsitter Directory* lists more than 4,000 such hostelries. Organized by state and city, the book gives room rates, phone numbers, and addresses for each hotel and motel. It also tells you what facilities are available for your pet while you visit major theme parks. Should you decide to leave your pet at home, the guide contains information about kennels and petsitters. Send $10.95 to: ***ACI, Dept. BHG, P.O. Box 3930, Torrance, CA 90510-3930.*** Credit-card orders only may call *800/274-7297.*

—By Lois Anne Naylor

FOILING FIDO'S FLATULENCE

How to end your pet's gas attacks

If gas makes your pet a social outcast, it's time to seek a solution. Pets, like people, often have trouble digesting complex sugars in their food. Wheat, corn, oats, and other grains are common offenders.

Because diet can create the problem, the solution may be as simple as switching pet foods. If this tactic doesn't work, or your finicky pet refuses to stop eating the offending food, consult a veterinarian. According to Dr. Calvin Clements of Palmyra, Pennsylvania, "Your pet may have more than a minor annoyance. Gas can also be a symptom of a serious colon disease."

Even if the diagnosis reveals that your pet simply has a gassy system, your veterinarian may be able to suggest a different diet or other remedies. For example, drops of a product called CurTail work by breaking down gas-producing substances when sprinkled on Fido's food.

—By Cheryl Fritz Long

FREE HELP FOR PET OWNERS

Brochures about dogs and cats

Can you walk a kitten on a leash? How do you housebreak a dog?

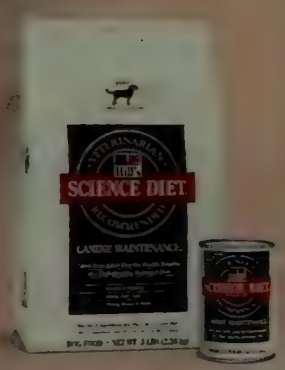
You can find the answers to many of your questions about dogs and cats and their care in booklets available free from two pet food firms. Ralston Purina and The Iams Company offer helpful tips on everything from how to prepare your home for a new pet to how to train a dog and deal with hair balls. To get cat brochures from Purina Cat Chow or ask questions about felines, call their hotline: ***800/CAT-CARE.*** For a Purina Dog Chow booklet, write: ***Brochure Offer, Dept. BHG, P.O. Box 15513, Mascoutah, IL 62224.*** Request the Iams pamphlets from: ***Iams Pet Nutrition Center, Dept. BHG, P.O. Box 1475, Dayton, OH 45414; 800/525-4267, ext. 44.***

—By Lois Anne Naylor

The kids begged me to get her. They promised to brush, bathe, clean, feed and pick up

after her. Of course, they don't. I do. It's like having one more kid in the house except Roxy sees a veterinarian instead of a pediatrician. And her vet insists I feed her Hill's® Science Diet.® He said just as people have to eat the right foods to be healthy, dogs have to eat the foods that are right for them. And that's exactly what they get with Hill's Science Diet. He called it Nutrient Precision.™ So for Roxy, it's Hill's Science Diet because I want to do everything I can to keep *my* dog healthy. And if the kids still want a dog, they'll have to find one of their own.





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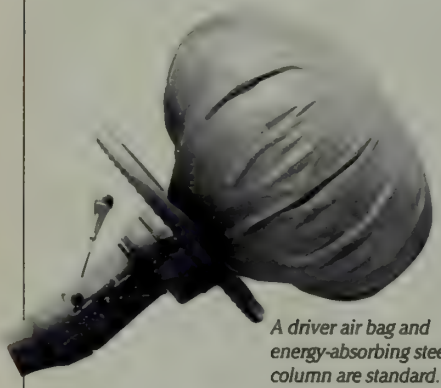
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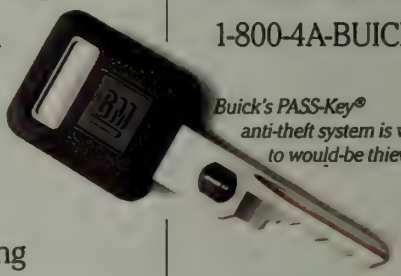
And if an accident proves unavoidable, LeSabre is prepared. For maximum collision protection, you're surrounded by a passenger safety cage, front and rear crumple zones, steel side-guard door beams — even energy-absorbing materials inside the cabin. A driver air bag combined with that most vital of safety features, the safety belt system, is also standard.



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ZOOs

without cages

BY TIM O'BRIEN

Zebras roam the plains and orangutans forage for dinner in today's back-to-nature zoos.

A visit to the zoo used to mean you looked at animals pacing in cramped cages or sitting in a stupor behind bars. You couldn't tell whether a lion's natural home differed from a gorilla's. Modern zoos are replacing these prison-like settings with rain forests, acres of rolling hills, and realistic water holes—surroundings more similar to the animals' natural habitats.

In some zoos, moats separate you from the areas where elephants and tigers go about their lives much as they would in Africa. In others, you ride a tram or stroll on an elevated walkway, where you can observe—without disturbing—the animals.

A visit to any of the following eight zoos lets you see how animals live in their natural environments, and it helps support wildlife and conservation efforts. Prices are approximate and don't include taxes. If you're a zoo member, other zoos may let you in free.

For a zoo with a view, head to Washington's 635-acre **Northwest Trek Wildlife Park,** at the foot of Mount Rainier. More than 300 animals, representing 75 species, live under a canopy of fir and alder trees. From the frilly bracken fern and colorful Indian plum flower to the behemoth bison and the woodland caribou, everything is indigenous to the Northwest. You'll see grizzly and black bears and a large variety of wild cats in the natural, rugged settings. $7.50; ages 5–17, $5; 3–4, $3; seniors, $6.50. *11610 Trek Dr., E, Dept. BHG, Eatonville, WA 98328; 206/832-6117.*

You'll feel as if you've walked into a rainbow when you enter the **San Diego Zoo** and spot the largest collection of colorful parrots and parrot-like birds assembled in one location. Nearly 4,000 animals representing 800 species call this beautiful tropical setting home. Built on two sprawling levels, the zoo consistently ranks among the top in the nation. You'll also find eucalyptus-munching koalas and exotic Chinese water dragons. You can tour the 100-acre property on a double-decker bus, or ride the aerial tram. $12; ages 3–11, $4. *Zoo Place and Park Blvd., Dept. BHG, San Diego, CA 92103; 619/234-3153.*

America's first zoo, the **Philadelphia Zoological Gardens** in Pennsylvania, was chartered in the 1850s. Today, its Victorian-era buildings blend in beautifully with some of the nation's most modern zoological exhibits, including the Bear Country habitat, where bears swim and frolic in a 200,000-gallon swimming pool. An elevated walkway takes you above a wooded and hilly habitat; you can look down on mountain cats and other carnivores roaming freely. More than 1,700 creatures, representing nearly 500 species, thrive amid mature trees in a botanical-garden setting. $7; ages 2–11 and seniors, $5.50. *34th St. and Girard Ave., Fairmount Park, Dept. BHG, Philadelphia, PA 19104; 215/243-1100.*

Glass-roofed exhibit pavilions and open, naturalistic habitats stud the landscaped rolling hills at the **Metro Toronto Zoo** in Ontario, Canada. More than 4,000 animals are grouped according to the five distinct habitats where they live in the wild. Lions, tigers, giraffes, and elephants prowl replicas of their native environments while critters of the Great North bask in the plains of the Canadian Animal Domain. $8; ages 12–17 and seniors, $5; 4–11, $4. *Meadowvale Rd., Dept. BHG, P.O. Box 280, West Hill, ON M1E 4R5, Canada; 416/392-5900.*

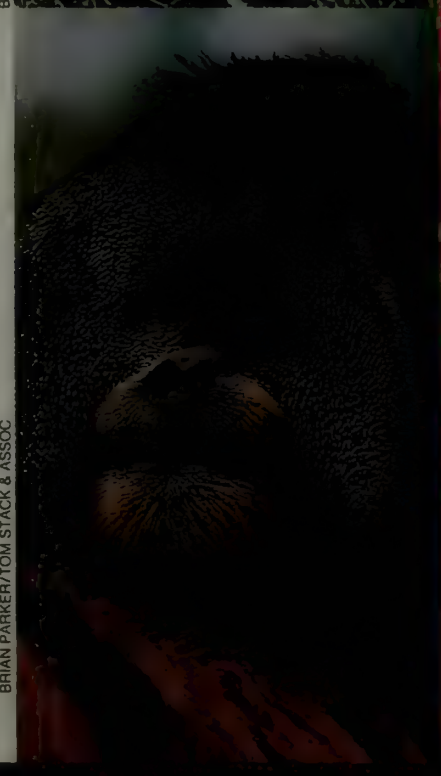
continued on page 180



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STANLEY JOHNSON/SUPERSTOCK

ZOOS *continued from page 179*

At the **Dallas Zoo,** gorillas range a two-acre habitat in the Wilds of Africa. You may spot one climbing a tree, making a nest, foraging for fruit or fire ants, or staring at you. About 80 species of birds and other mammals share the 25-acre Wilds of Africa with the gorillas. Altogether, the zoo displays about 1,400 animals. $5; ages 3–11, $2.50; seniors, $4. *621 E. Clarendon Dr., Marsalis Park, Dept. BHG, Dallas, TX 75203; 214/670-6825.*

Ohio's **Columbus Zoo** boasts an unusually wide variety of endangered species among its 11,000 animals. Bengal tigers roar, lowland gorillas beat their chests and jump about, black rhinos float placidly in their ponds, and bald eagles rest regally atop their nests, thanks to the zoo's successful breeding program.

If you appreciate the unique qualities of boa constrictors, copperheads, and crocodiles, the Columbus Zoo features one of the nation's largest reptile and amphibian collections as well as more than 380 species of turtles and fish. $5; ages 2–11 and seniors, $3. *9990 Riverside Dr., Dept. BHG, Powell, OH 43065; 614/645-3400.*

Steam escapes from the nostrils of a clouded leopard as it breathes in the humid air of the Lied Jungle exhibit at the **Henry Doorly Zoo** in Omaha, Nebraska. The plants and animals of three different tropical rain forests surround you while you stroll through the jungles of Asia, South America, and Africa. Monkeys chirp to each other while you wind among waterfalls, flowing streams, and the dense tropical vegetation of the jungle floor. Small cave-like areas with windows put you face-to-face with otters, tapirs, rare pygmy hippos, and tropical fish.

You can meander through the lush canopy of the jungle treetops via an elevated walkway and peer down at hundreds of animals. Brilliantly colored toucans, touracos, and thrushes nestle into the trees.

A stroll through the zoo takes you past the Cat Complex—home to the first test-tube tiger—and a huge aviary. $6.25; ages 5–11, $3; seniors, $4.75. *3701 South 10th St., Dept. BHG, Omaha, NE 68107; 402/733-8401.*

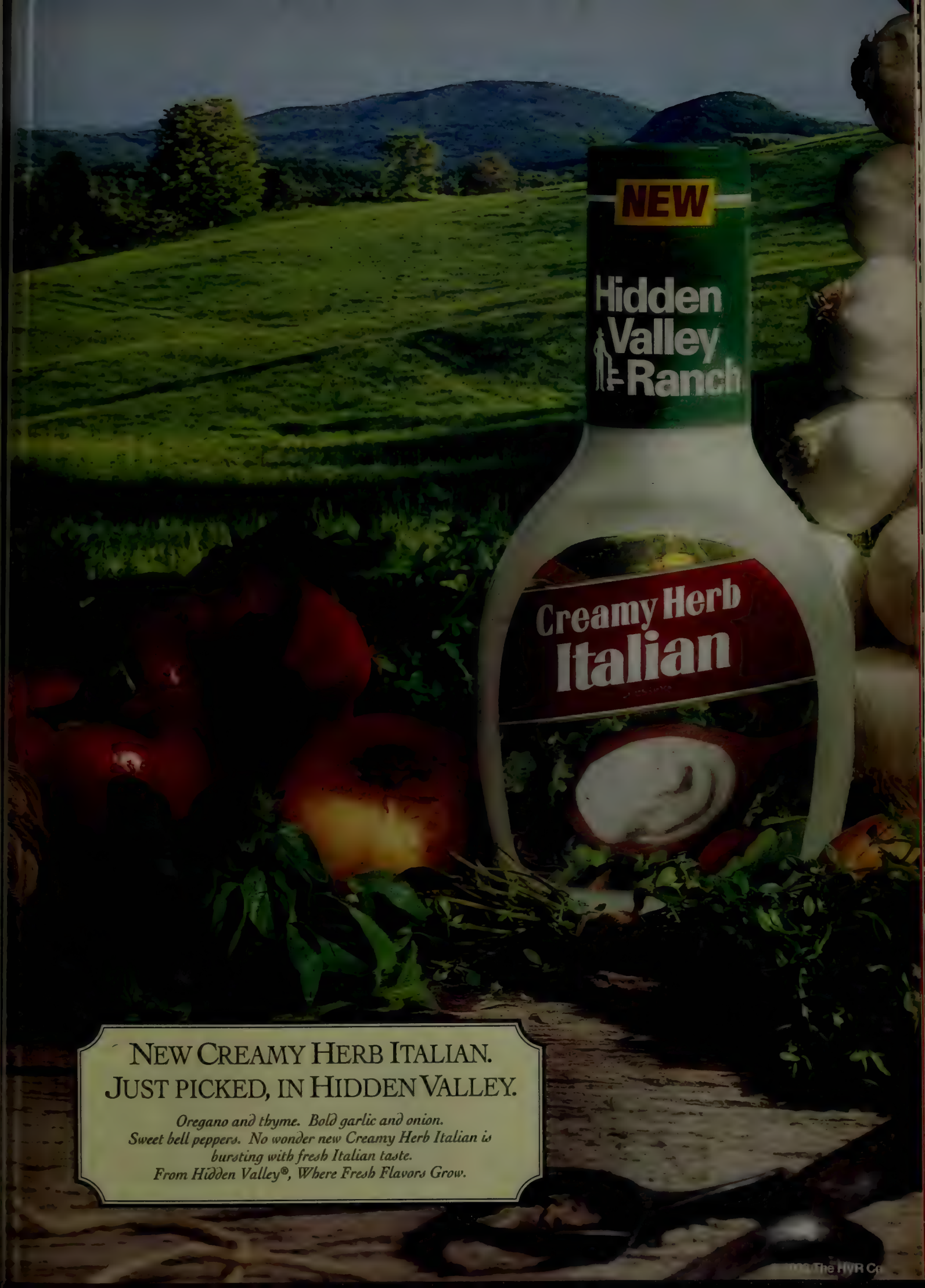
When the nation's only giant pandas arrived at the **National Zoological Park** in Washington, D.C., you had to stand in line to file past their cage to see them snacking on the landscape. After the pair moved into more luxurious digs, you could watch them hold a ball while rolling down a hill and otherwise entertain themselves. Ling-Ling, the female panda, died last December. Mealtimes—11 a.m. and 3 p.m.—provide the best time to observe Hsing-Hsing.

Located on 163 acres of wooded hillside in Rock Creek Park, the National Zoo offers more than 4,500 animals representing nearly 500 species. In Amazonia, you can walk through a two-level exhibit depicting a South American river and rain forest, and see mysterious Komodo dragons up-close. Zoo admission is free. *3000 Connecticut Ave., NW, Dept. BHG, Washington, DC 20008; 202/673-4800.* BH&G

—Tim O'Brien wrote the book on zoos—"Where the Animals Are."

where the wild things are

- **Alligators:** The world's largest alligator breeding farm is Gatorland, Orlando, Fla.; *800/393-JAWS.*
- **White alligators:** Audubon Zoological Gardens, New Orleans, La.; *504/861-2537.*
- **Butterflies:** The Cecil B. Day Butterfly Center in Callaway Gardens, Pine Mountain, Ga.; *800/282-8181.*
- **Birds of Prey:** More than 24 species indigenous to New England rely on the Vermont Raptor Center, Woodstock, Vt., as a sanctuary from the wilds; *802/457-2779.*
- **Elk:** More than 7,500 elk spend their winters at the National Elk Refuge in Jackson, Wyo.; *307/733-9212.*
- **Penguins:** The Penguin Encounters at all Sea World marine parks, in Fla., Ohio, Tex., and Calif.; *407/351-3600.*
- **Bald Eagles:** Chilkat Bald Eagle Preserve, Haines, Alaska, where approximately 4,000 spend each fall; *800/458-3579.*
- **Ostriches:** Members of all five ostrich species live at the Wildlife World Zoo, Litchfield Park, Ariz.; *602/935-WILD.*
- **Manatees:** View nearly 100 from the shore November to March at Blue Springs State Park, Orange City, Fla.; *904/775-3663.*
- **Cranes:** All 15 species of cranes live here, six of which are endangered. International Crane Foundation, Baraboo, Wis.; *608/356-9462.*
- **Sharks:** Ride a moving walkway through an acrylic tube in the Shark Experience, a 300,000-gallon habitat at Marine World/Africa USA in Vallejo, Calif.; *707/644-4000.*



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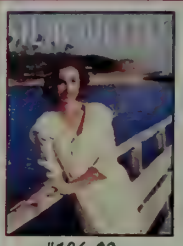
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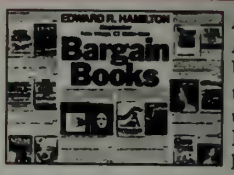
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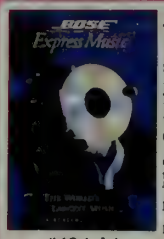
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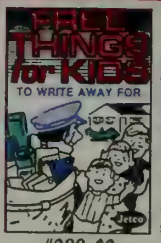
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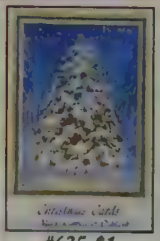
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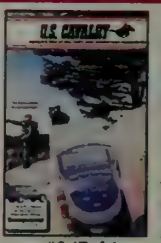
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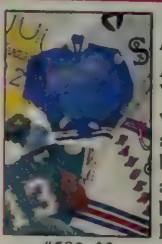
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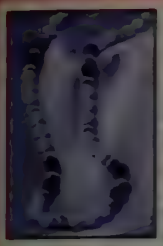
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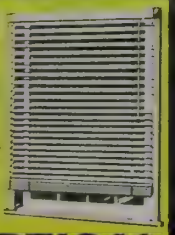
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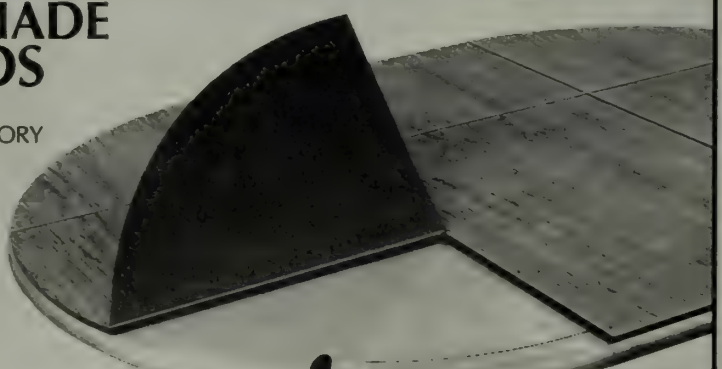
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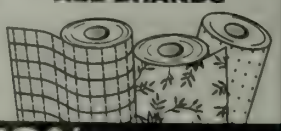
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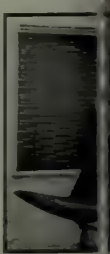
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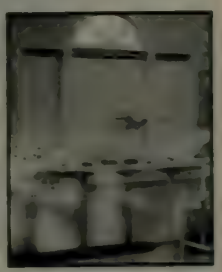
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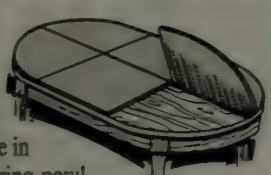
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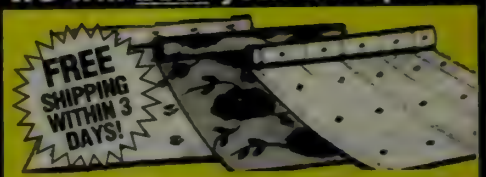
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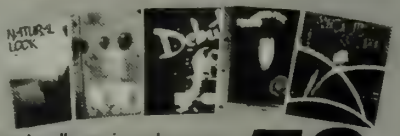
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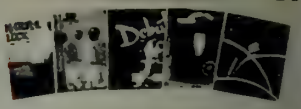
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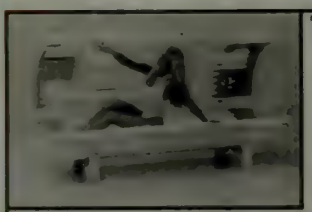
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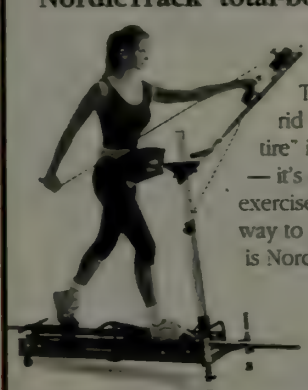


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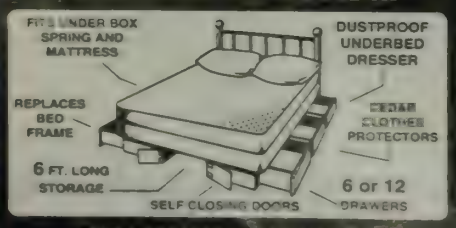
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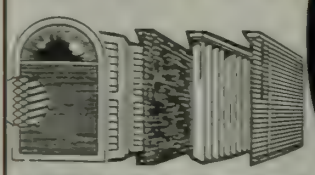
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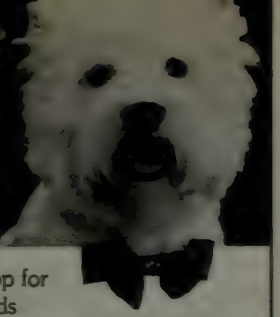
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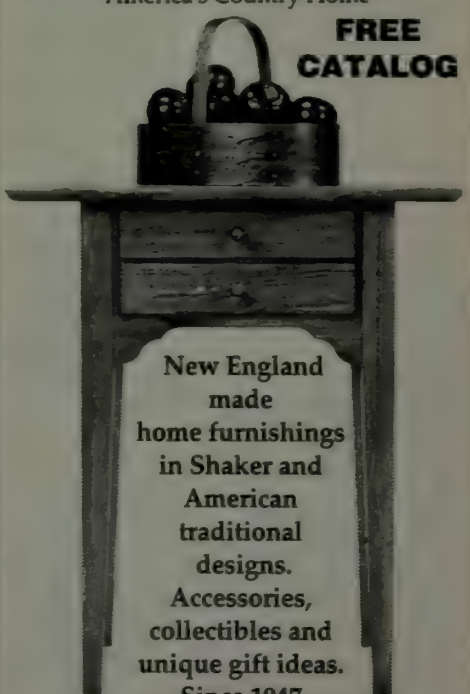
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SEPTEMBER 1993

■ Uncle Dodd Buckner can't understand why all our beautiful country lanes are going to waste this time of year while people pay hundreds of dollars for treadmills and stationary bikes that don't go anywhere.

■ "In today's dog-eat-dog business world," confides Elaine Cowan, "it's not so much whom you know as it is what they've found out about you."

■ Bill and Isabel Norman report that a cross-country motor home trip with three teenagers not only gave them an opportunity to see many of our nation's great attractions, but it also taught them that "quality time" isn't always such a neat thing after all.

■ Banker Helen Newsome says that it's easy to spot new parents. "They're the ones who carry baby pictures in their wallet where they used to carry money," she explains.

■ Chris suggests that it would be nice if my favorite neckties came with expiration dates attached so that I would be prompted to quit wearing them when they've gone out of style.

■ Some elderly folk prefer to ignore their birthday, but not Grandpa Hillis, who reasons, "I certainly wouldn't be doing very well if it didn't keep showing up."



"Mom, how did people communicate before refrigerators?"



"A fool and his money are here to see you, Sir."

■ Editor Earl Reeves concedes that humility is a trait to be admired, although, he says, "It isn't very likely to get you quoted in the newspaper."

■ Grandma Hillis thinks that young couples have things backward these days. "We used to have dinner, then go out to a movie," she says. "Today's generation goes out to eat, then comes home to watch a video."

■ "Most folks know what they ought to do," the Rev. George Hall intoned last Sunday. "It's just that they have a hard time taking their own advice."

■ Dick Dresch finds himself confused by current fashions. He just realized that he's been going to work in sport clothes, and then coming home and loafing around in a sweat suit.

■ Ned Carter says that the best thing about his new car phone is being able to call City Hall and complain about potholes just as he's hitting them.

■ The trouble with sitcoms, I've concluded, is that they induce sit-comas.

■ Congressman Nick Hanfli seems amused that his cohorts believe that the best way to beef up the economy is to vote for pork.

Our Rosemary writes that she's signed up for an elective at college called "Surviving Modern Society." She thought the course would be enlightening since it promised to deal with such social problems as drugs, crime, and AIDS. Although relatively quiet and secluded, her campus is not immune from such difficulties, and certainly neither is the world in which she will live and work.

After a couple of class sessions, however, Rosemary thought some of the lessons being covered—and the prospective solutions—seemed a bit familiar. The course's bottom line, she began to realize, was that prudent precautions, personal responsibility, and seeking professional assistance when necessary would go a long way toward providing a healthier, happier, and safer existence.

"Then it finally dawned on me that I'm a graduate student on these topics," she told me. "After all, you and Mom have been teaching me those very same things for most of my life!"

Burton Hillis

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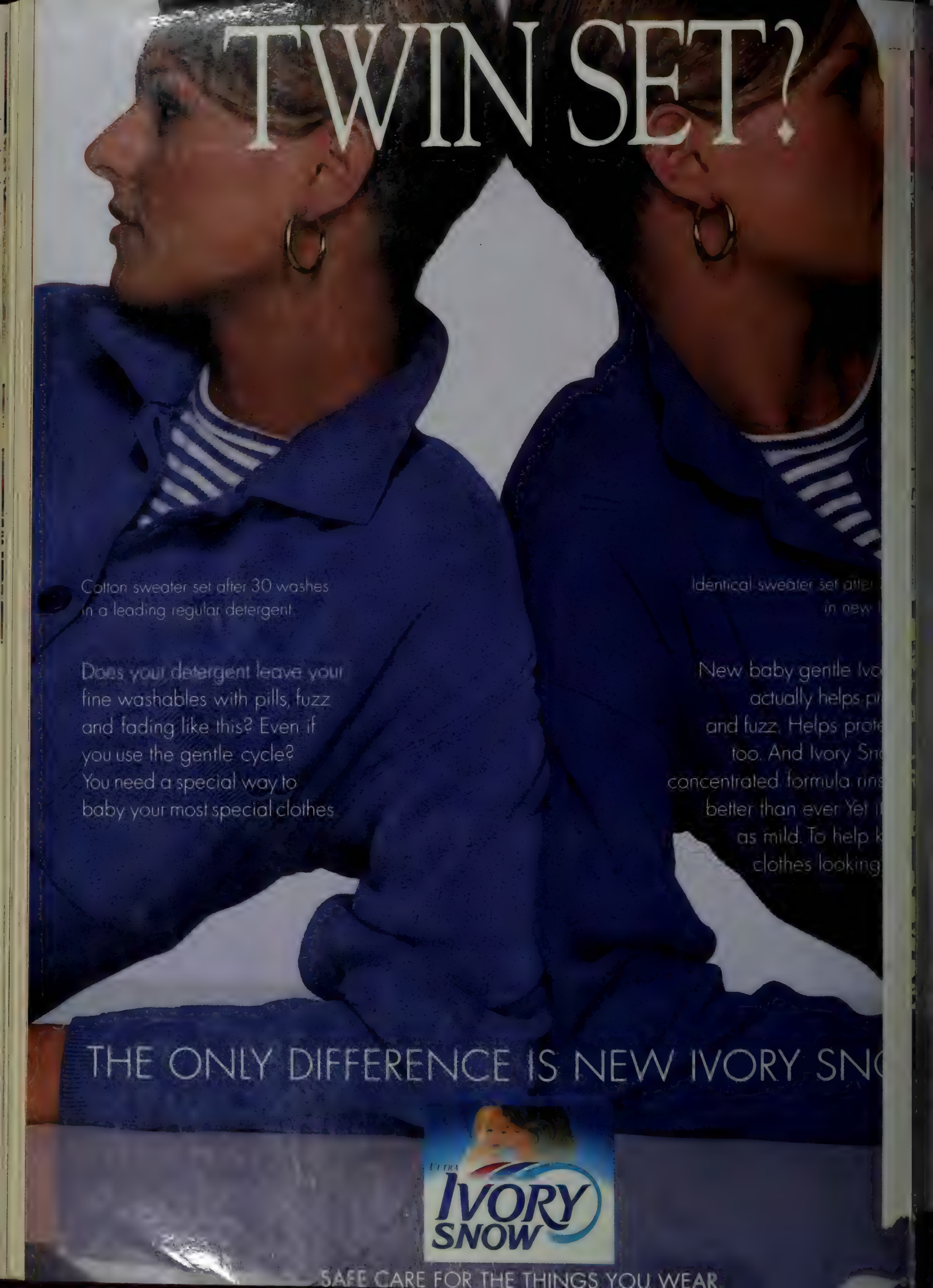
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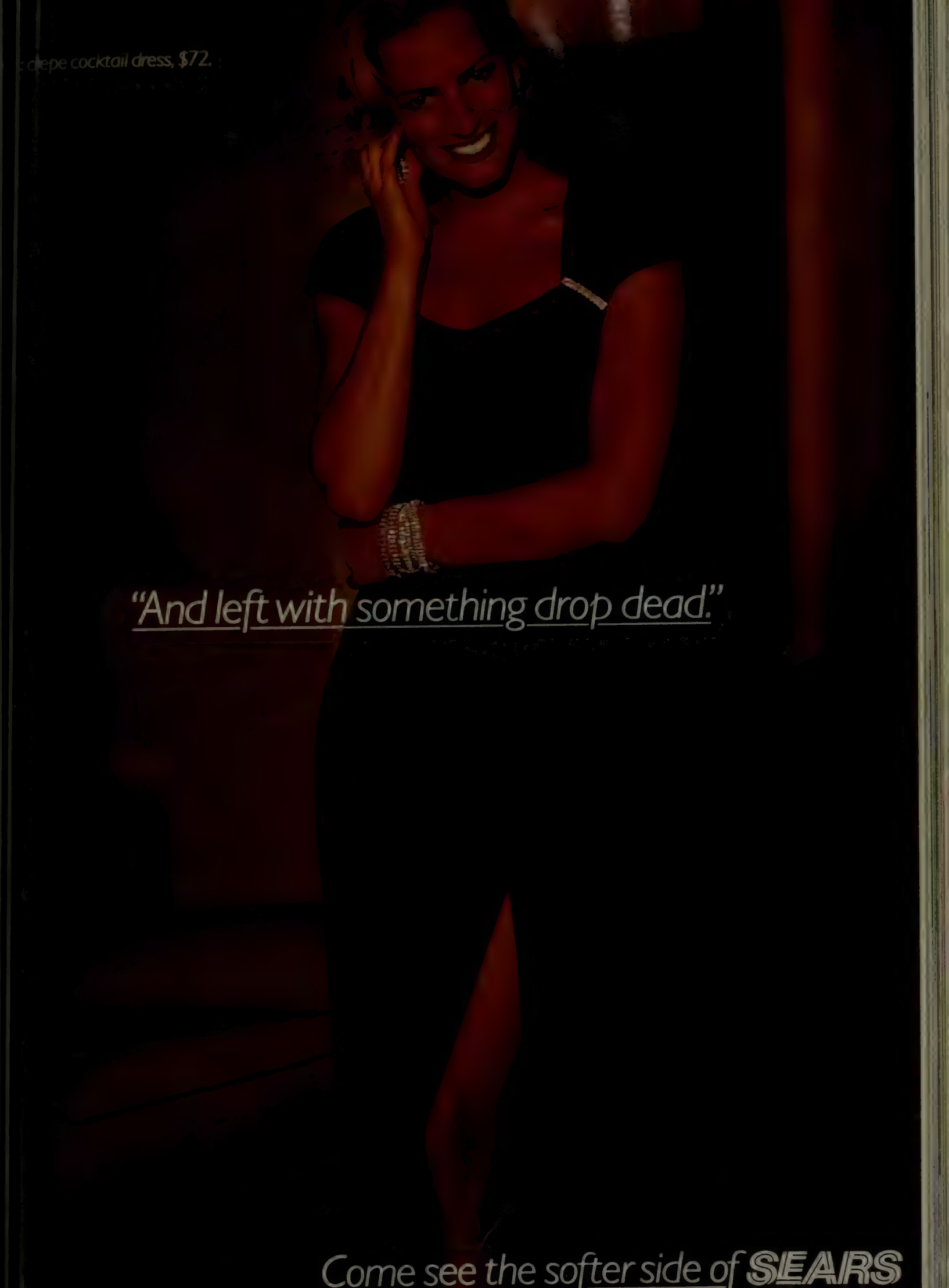
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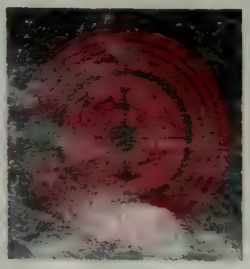
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ON THE COVER

21 **Fall Gardening** *Plant now for spring color*
67 **Home Building** *How to save, when to splurge*
77 **Rooms That Say I Love You** *50 ideas for comfort*
100 **Romantic Victorian Crafts**
109 **Cook Like Grandma** *Only faster*

BETWEEN FRIENDS

11 **Editor's Letter**
12 **Family Network®** *Solutions to family problems*
172 **The Man Next Door®** *Writes about family, friends, and neighbors*

THE FAMILY AT HOME

GARDENING

16 **Gardener's Almanac** *Fall gardening tips*
21 **It's Tulip Time**
Extraordinary varieties that anyone can grow

CRAFTS

28 **Tricks and Treats for Halloween**
Make the holiday a quick success
100 **Victorian Roses**
Seven rose designs to craft

BUILDING

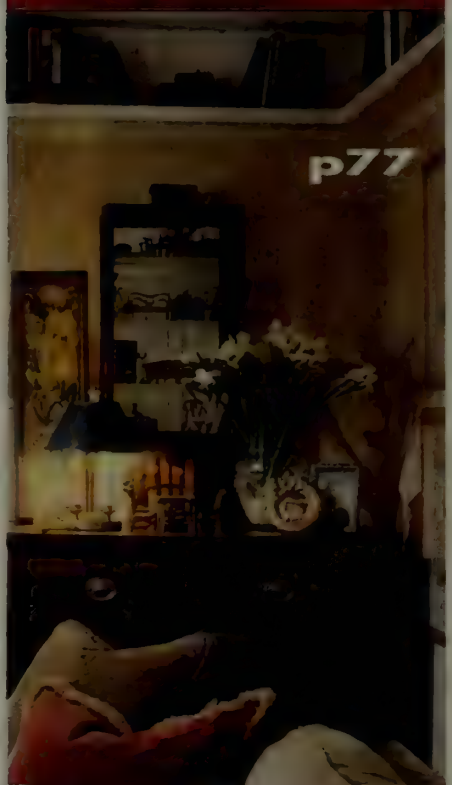
67 **Building Smart**
Where to save—when to splurge
157 **Laminated Wood Flooring**
158 **Tips, Tools, and Techniques**

DECORATING

77 **Feel-Good Rooms**
50 ways to make your home say I love you

CONTINUED ON PAGE 6







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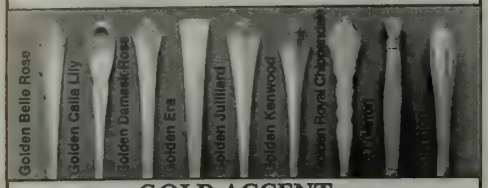
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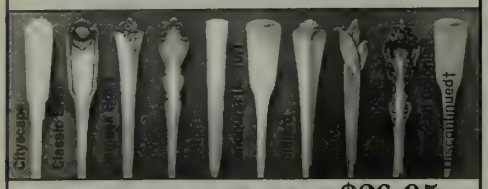
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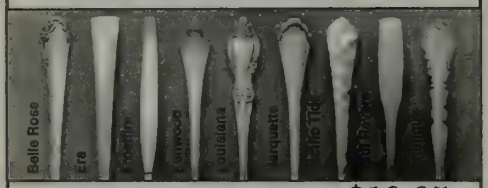
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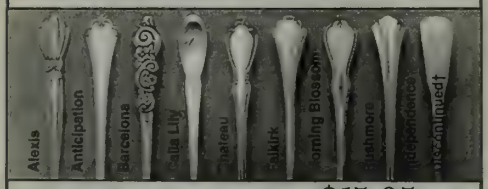
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3 PC Serving Set		ea. set		ea. set		ea. set		ea. set
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Oval Soup Spoon								
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Cocktail Fork								
Butter Spreader†	$23	$11.45	$18	$8.95	$13.50	$6.75	$7	$4.95
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Butter Knife	$23	$11.45	$18	$8.95	$13.50	$6.75	$9.50	$4.95
Sugar Spoon		ea. piece		ea. piece		ea. piece		ea. piece
Tablespoon								
Pierced Tablespoon								
Cold Meat Fork	$33.50	$16.75	$25	$11.95	$19.25	$9.50	$13.75	$6.95
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CONTENTS CONTINUED FROM PAGE 5

FAMILY MATTERS

PARENTING

36 **Other People's Kids**
Handling sticky discipline problems

EDUCATION

40 **Making Community College Pay Off**

HEALTH

46 **Heading Off Headaches**
New help for migraines is only the beginning

52 **The Home Drug Store**
Stocking your family medicine chest

58 **Good Food/Good Health: Irradiated Foods**

62 **Fitness Matters**
Good news about shaping up

GOOD FOOD

109 **How to Cook Like Grandma**
When you're short on time

124 **Nutrition Information**

144 **Recipe Index**

146 **Best-Loved Rice Dishes from Around the World**

148 **Bran: An Easy Way to Add Fiber**

149 **Win Money for Your Recipes**

151 **Prize Tested Recipes®**
Meat Pies, Peanut Butter Treats

154 **Today's Bread Pudding**

SHOPPING

96 **Buying Guide** *Names and addresses of retailers and manufacturers of products shown on our editorial pages*

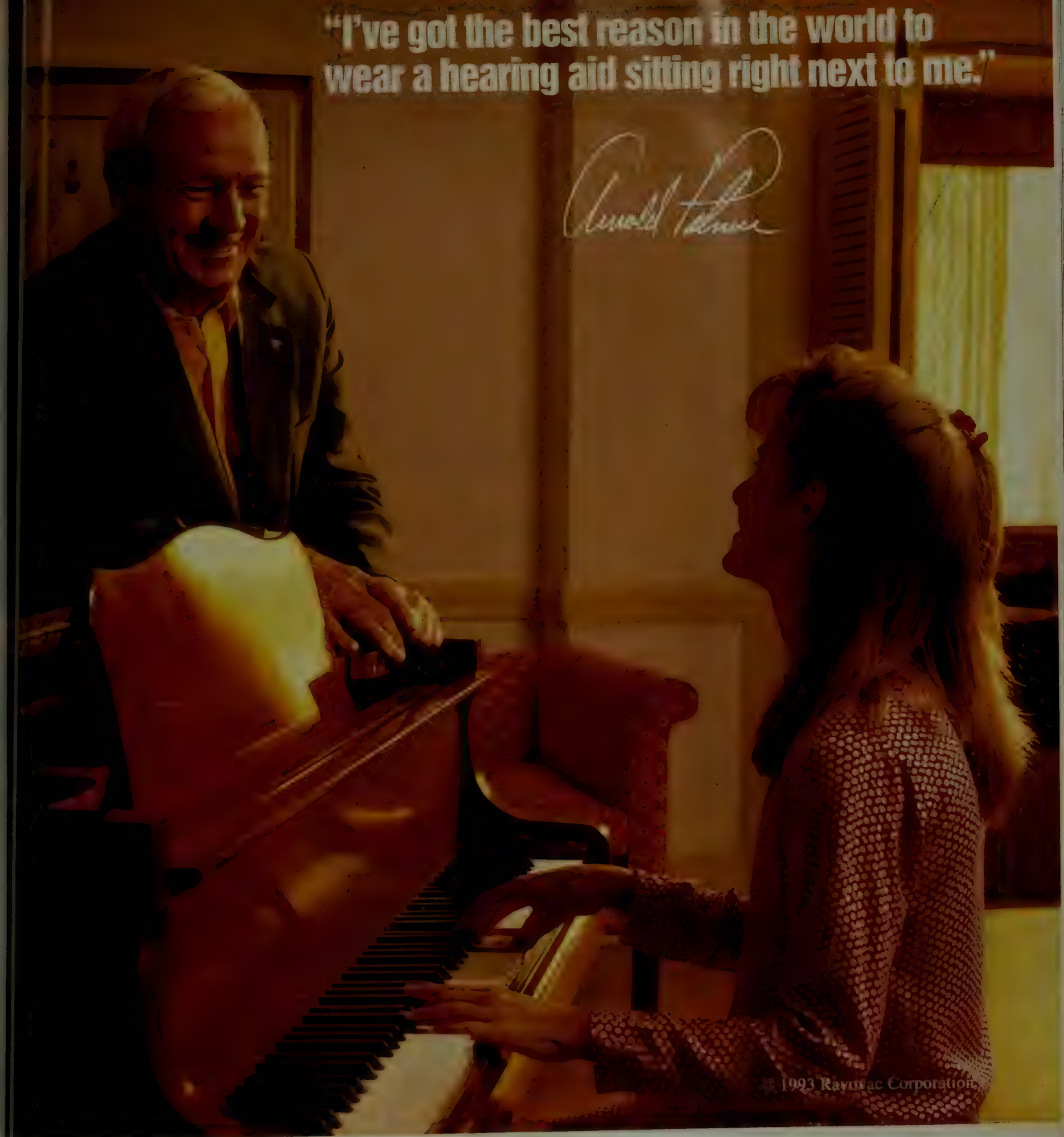
97 **Directory of Architects and Designers**

164 **Home and Family Information Guide**

165 **Shopping Editor's Choice**

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EDITOR'S

OCTOBER





waters that have ravaged our offices, our city of Des Moines, and much of the Midwest. We're crammed in an emergency facility with a power outage threatened, making do with very little, and putting out a magazine by sheer guts and determination.

I doubt that any of us have ever considered ourselves "needy." But we're getting a taste of it. We have no drinking water or showers. Some of us have lost our homes.

What this history-making flood has taught us is how much we need each other's help if we're going to make it through the crisis.

To the truly needy children of the world, however, help is more than sharing a limited water supply or bailing out a flooded basement. UNICEF knows that. We know that, too. That's why *Better Homes and Gardens* is pleased to be a partner with Pier I Imports and the U.S. Committee for UNICEF in sponsoring the UNICEF Children's Holiday Greeting Card Contest to raise money for kids in need.

Until your comfortable life is seriously upset, you can't imagine what it's like to need help. Try to imagine it. And help! See *page 157* to find out how.

Jean LemMon

Jean LemMon, *Editor in Chief*



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FAMILY NETWORK

READERS' SOLUTIONS TO PROBLEMS

INDEX SYSTEM

Instead of an address book, I use 3x5 index cards and keep them in a recipe box. On the front of each card I write name, address, children's names, and birthdays. On the back I include directions to their homes. When someone moves, I write a new card and throw the old one away.

Vicki Sprague
Brighton, Mich.

YOUNG ACCOUNTANTS

In order to teach my children to be aware of their finances, I gave them each a checkbook ledger. They enter in allowances, birthday money, and odd job income as "deposits," and subtract out "checks" every time they spend money.

Lori Fira
Streamwood, Ill.

BAGS OF PEANUTS

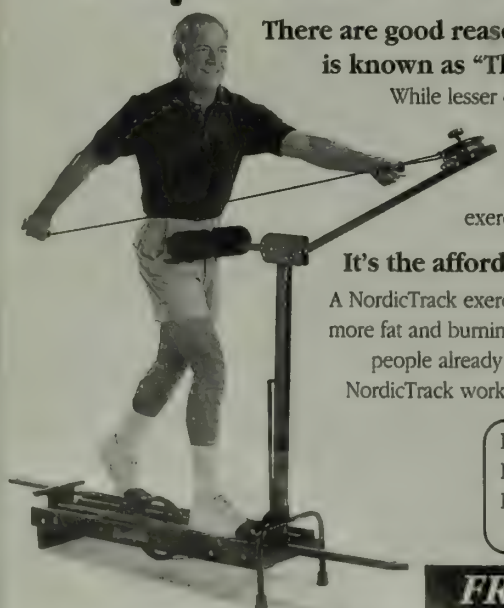
When sending packages, instead of filling them with loose "peanuts" packing material, I fill small plastic bags with the peanuts and pack them carefully around the item being shipped. It prevents a mess when the package is opened, plus the bags are easily recycled for the next mailing.

Marian Nunes
Erie, Penn.

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Do you have an innovative solution to a problem in your family, neighborhood, or community? FAMILY NETWORK would like to hear from you. Write to Family Network, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine. We will pay $50 for each idea published.

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GARDENER'S

OCTOBER



PHOTOGRAPH: JUDITH WATTS. REGIONAL EDITOR: BONNIE MAHARAM.

ALMANAC

WINTERIZE ROSES

When autumn temperatures begin to fall it's time to protect tender varieties of roses from harsh winter weather. Cover the bud union of hybrid teas, floribundas, and grandifloras with a 15 to 20 inch deep mound of soil. Climbers can be taken down from their supports and buried with soil and leaves. In milder climates, where winter protection isn't necessary, cut back on fertilizer until spring.

BY DOUGLAS A. JIMERSON



BULB PLANTING TOOL

Finally, there's a bulb planter that actually works! The new auger-style Dutch Bulb Planter from de Van Koek makes easy work of digging planting holes for your favorite bulbs. Plus, you don't have to bend over as you plant because the tool has a 40-inch-long steel handle. The Dutch Bulb Planter is available in two models; one makes a hole 2½ inches wide, and the other makes a 4-inch diameter hole. Each bulb planter costs $41.95 (price includes shipping and handling). To order, call 800/992-1220.



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GARDENER'S SUPPLY



PETER KRUMHARDT

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Popping into bloom in early spring, giant crocus resemble brightly colored Easter eggs. These reliable bulbs can be planted directly in your lawn. Simply scatter the bulbs over the grass and plant them where they land. Crocus should be planted four inches deep.

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it's tulip time

by Douglas A. Jimerson

It's time to lay the groundwork for your spring flower show by adding a colorful cast of tulips to your garden. To get you started, we've selected some of the easiest and most unusual tulip varieties available. In addition, we've designed some garden plans to help you achieve spectacular results.

FRINGED TULIPS

Magnificent! That's the only way to describe the extraordinary serrated petals of fringed tulips such as Fancy Frills, above. Plant these April bloomers along a garden path where you can enjoy them close up.



DOUBLE LATE TULIPS

[illegible] with the elegant pink and white blooms of Angelique. Also called peony-flowered tulips, these double late varieties bloom in May, often alongside their namesakes—the true peonies. Angelique grows about 20 inches tall. Plant the bulbs in a sheltered location where high winds won't topple them.

it's tulip time

DOUBLE EARLY TULIPS

Create a carpet of color with a mass planting of double early tulips. These April bloomers are often sold as a mixture of pink, red, yellow, white, and bicolor varieties. All types bloom at the same time and grow about 12 inches tall.





GREIGII TULIPS

One of the first flowers to appear in the spring, Greigii tulips are always a welcome sight. Here, the spirit-lifting red and white flowers of Plaisir burst into bloom during the month of April. For best effect, plant the tulips with daffodils, anemone, or muscari.

PHOTOGRAPHS BY TER KUILMANOT PRODUCED IN COOPERATION WITH THE NETHERLANDS FLOWER BULB INSTITUTE



MULTISTEM TULIPS

Unlike traditional tulips that produce only one flower per stem, Georgette and other multi-flowered varieties can produce a bouquet of 3 to 7 blooms on every plant. Growing two feet tall, Georgette is a good choice for small spaces where you need a big dose of color. Pale yellow flowers with red

it's tulip time



CHRYSANTHA TULIPS

Even the tiniest patch of soil can become a full-fledged tulip garden when you squeeze in a species tulip like chrysantha. These red-and-yellow charmers grow just 8 inches tall with thin, strap-like foliage. Left undisturbed, chrysantha tulips will multiply naturally, slowly spreading through your garden border. Chrysantha blooms in April.



LILY-FLOWERED TULIPS

Having a magical bulb garden can be a wish come true when you put a lily-flowered tulip such as Aladdin in your garden plan. Lily-flowered varieties bloom in May, producing large, elegant flowers with flaring petals that resemble lilies. Aladdin's ruby red petals are edged with yellow. Lily-flowered tulips grow 30 inches tall.



PARROT TULIPS

Brightly colored, wavy, scalloped petals give parrot tulips their bird-like appearance. One of the showiest varieties, Estella Rijnveld, produces spectacular scarlet-and-white flowers on sturdy 20-inch-tall stems. Parrot tulips bloom in May and are tolerant of light shade. To keep the flowers in top form, don't plant them in a windy spot.

bulb garden designs

Use these garden plans as a guide when you plant your bulbs this fall. Each of the borders is about 15 feet long and 3 feet wide. Add or delete bulbs to accommodate the space in your own garden. All bulb borders require a sunny spot.

As you design your garden, remember that a proper color scheme will bring out the best of every bulb you plant. Gardens that use a dominant color with a contrasting secondary color are the most effective.



MIXED TULIP BORDER

Our mixed tulip border contains a variety of April-blooming tulips with a central mass of dark blue muscari (grape hyacinths) for contrast. Space tulips 6 inches apart; muscari 3 inches apart.



DOUBLE TULIP BORDER

The double tulip border gets its color from the mixed plantings of Red Riding Hood tulips and white anemones (Anemone blanda). Both of these species grow bigger and better every year.

Buying information, see page 96.

, taste is subjective.





In life, good taste is well defined.



Try these two new Minced Varieties.

...ere are those with very simple tastes in ...cy simply want the best.

...or them, the cat food of choice is Fancy ... Exceptionally moist and delicious, only Fancy Feast offers distinctive varieties to suit your cat's every mood.

Fancy Feast. For a gourmet taste that will satisfy even the most discriminating connoisseurs.

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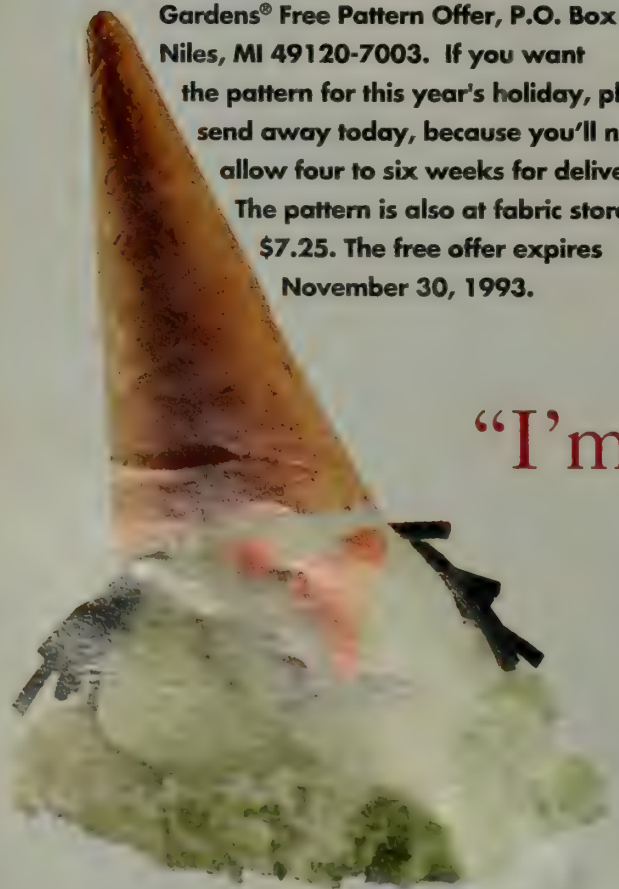
Tricks and Treats for Halloween

If a frightful schedule is scaring you away from making this Halloween a special treat, never fear. Our tricky ideas will help you turn the holiday into a quick success.

Catch a Spirit

Here's a real Halloween goodie: A *spook*-tacular kids' costume that doesn't demand a lot of time or money to create. The treat is on The Simplicity Pattern Co., which is offering the No-Sew Pattern No. 8648 free to our readers (plus $1.50 for postage and handling). The pattern, for children's sizes 3 to 8, includes eight styling variations. Send your $1.50 check or money order (Canada residents send $2 in U.S. funds) to: Simplicity Pattern Co., Better Homes and Gardens® Free Pattern Offer, P.O. Box 4003, Niles, MI 49120-7003. If you want the pattern for this year's holiday, please send away today, because you'll need to allow four to six weeks for delivery. The pattern is also at fabric stores for $7.25. The free offer expires November 30, 1993.

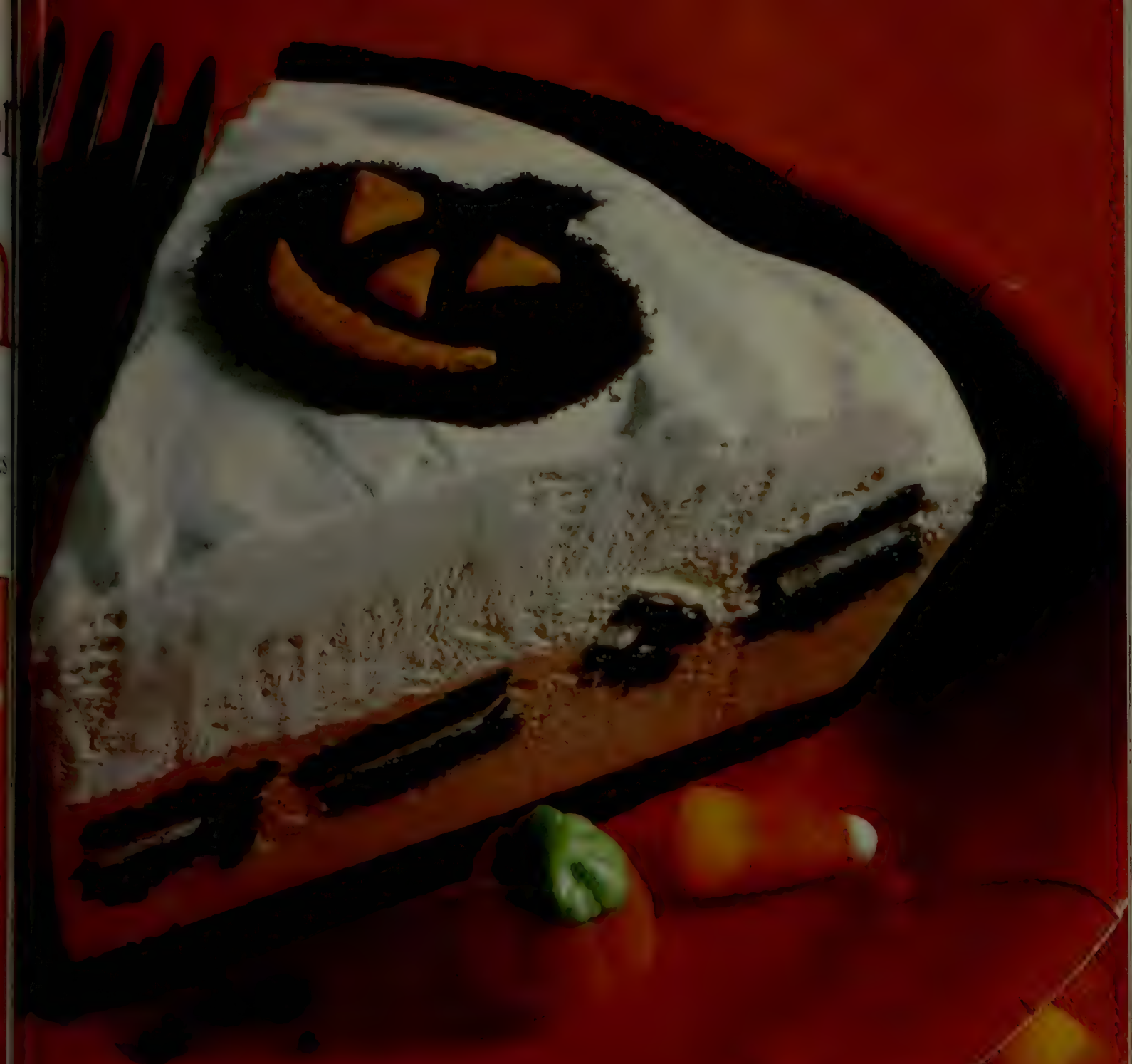




"I'm melt-*iiiiinnng*"

It's a race to see who can create the ugliest edible witch! Get a head start by freezing full, round scoops of sherbet (green lime-flavored is the creepiest). Use shoestring licorice, candies, and cashews (for the crooked nose) to finish each face. Top off the wicked old witch with an ice-cream-cone hat. You can eat the melting creations right away or refreeze before serving.

continued on page



What to serve unexpected ghosts.





Pumpkin Patch Pie



1 pint orange sherbet, softened (2 cups)
1 tub (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 OREO® Pie Crust (9-inch)
9 OREO® Chocolate Sandwich Cookies, chopped

- **PLACE** sherbet in bowl; stir until smooth. Stir in ½ of the COOL WHIP® until well blended.* Spoon into crust. Sprinkle with chopped OREO® cookies, pressing firmly into sherbet. Cover with remaining COOL WHIP.®
- **FREEZE** 4 hours or until firm. Let stand at room temperature 10 minutes before serving. Garnish with finely chopped OREO® cookies and candy pumpkins, if desired. Store leftover pie in freezer. Makes 8 servings.

*For more intense orange color, stir in a few drops each of red and yellow food coloring.

Whip Smackin' Lip Smackin' Easy

...quality results, be sure to use only COOL WHIP® and OREO® products.

Style is everything.



When you were a young girl, you loved sneaking into your mom's closet and playing dress up.

You've always had a special knack for putting it all together. And your bathroom, why should that be any different?

Introducing a line of two-handle lavatory faucets from Moen, designed not only to turn the water on and off. But to turn heads as well.

You could say this faucet really makes a splash.

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Buy it for looks

Only the strong survive.





You have no use for things that don't hold up. You're into durability. Longevity. Extra heavy duty.

And when it comes to a faucet, you certainly don't want something that's watered down.

Get your hands on a Moen faucet, one from our new lavatory line for instance. Feel how sturdy and well made it is.

They're all built to last with our exclusive washerless cartridge. And backed by a **lifetime limited warranty** against leaks and drips.

To put it another way, they're rock solid.

See your Moen dealer or call us at 1-800-553-6636.

Buy it for life.™

MOEN®

Tricks and Treats for

Halloween



TREATING OTHER

Make this Halloween sweeter—for yourself others—by taking part in National UNICEF an annual money-raising campaign. Help th UNICEF folks reach this year's goal of $3 m by talking to leaders in your children's scho youth groups to encourage your community involvement. Coins and dollars collected in ditional orange boxes translate into health food, and education for millions of needy ch To receive the cartons and information on h your group can get involved, write to: U.S. Committee for UNICEF, P.O. Box 182248, Chattanooga, TN 37422.

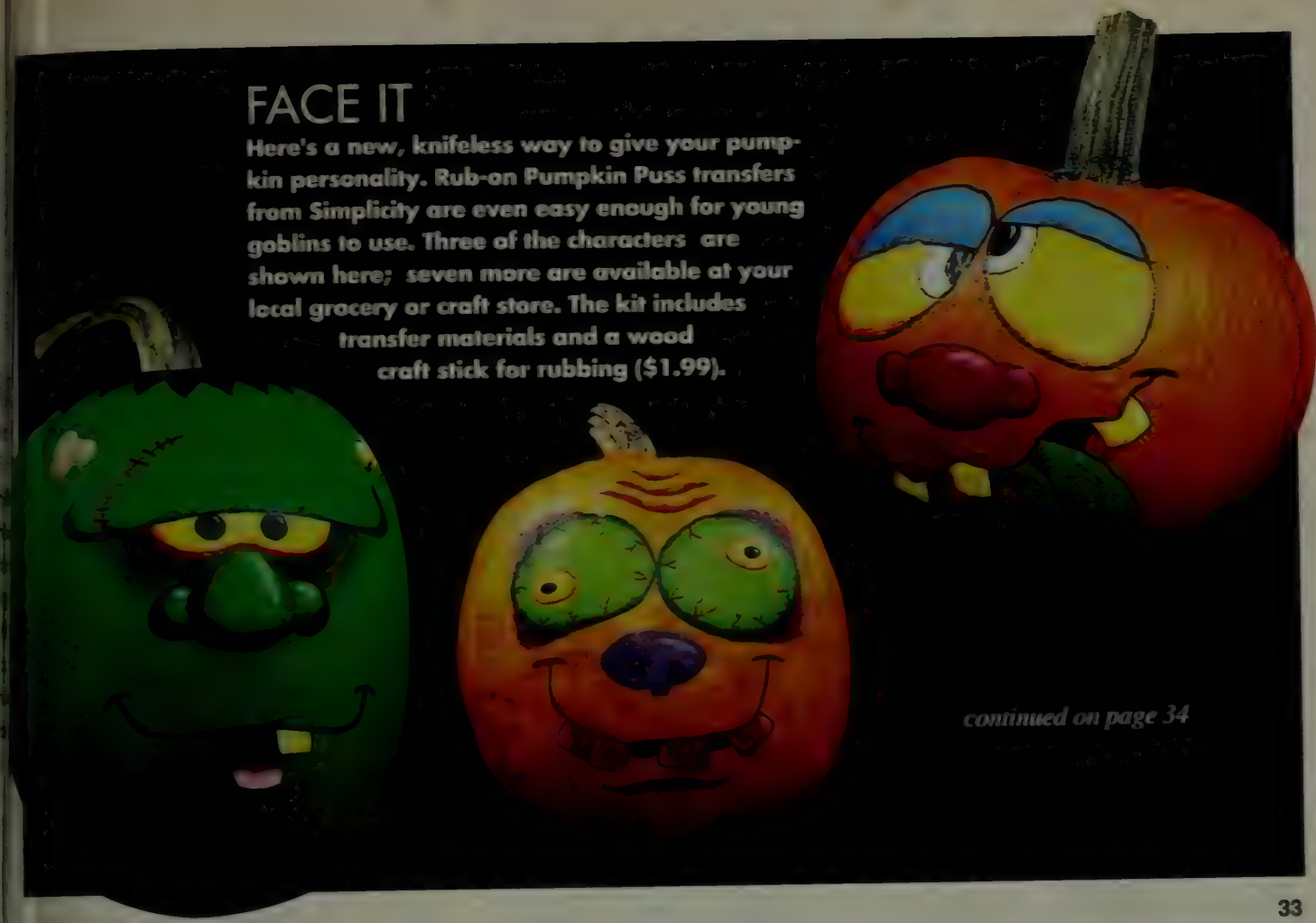
Photograph: U.S. Committee for UNICEF; Adam B. Auel

IF IT WEREN'T FOR COTTON PANTS THAT LOOKED LIKE THIS OUT OF THE DRYER,



FACE IT

Here's a new, knifeless way to give your pumpkin personality. Rub-on Pumpkin Puss transfers from Simplicity are even easy enough for young goblins to use. Three of the characters are shown here; seven more are available at your local grocery or craft store. The kit includes transfer materials and a wood craft stick for rubbing ($1.99).



continued on page 34

WE NEVER WOULD HAVE INVENTED 100% COTTON PANTS THAT LOOK LIKE THIS.



Presenting Haggar Wrinkle-Free Cottons.™

These are men's 100% cotton pants that are ready to wear right out of the dryer. And considering we washed and dried them five times with our competitor's cotton pants, we think they have a look you'll really appreciate.

100% Cotton. 0% Wrinkles.

HAGGAR



FOOD PHOTOGRAPHS: SCOTT LITTLE

A TUREEN OF GOODNESS

Pumpkin cookies, pumpkin bread. . .how about pumpkin soup? Nourish a houseful of little witches and goblins with creamy-rich pumpkin soup. The squash tureen and leaf plate by Vietri ($55 and $29, respectively) brighten the October festivities.

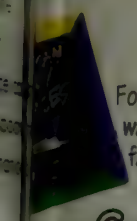
COUNTRY PUMPKIN SOUP

In a large saucepan cook 1 cup chopped onion in ¼ cup margarine or butter till tender. Add one 29-ounce can and one 16-ounce can pumpkin. Gradually stir in one 49½-ounce can chicken broth. Add one 12-ounce can evaporated milk, ¼ teaspoon salt, ¼ teaspoon dried marjoram, ¼ teaspoon dried thyme, and a few dashes bottled hot pepper sauce. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally, to blend flavors. To serve, top each serving with fresh herb sprigs or pumpkin seeds. Makes 12 to 14 servings.



The Greatest Family Vacation on Earth.

The first vacation totally dedicated to families is here.



For the first time, there's a vacation that delivers everything families want... and it's all in this brochure. No other resort or cruise offers families so much, with just the right balance of time for kids, time for parents, and time together.



Something for everyone. All day long.

ake extra-special care of kids. AFC's
hips[SM] offer an incredible array of activities
acilities for four separate age groups.
zy Wuzzy's Den is a cuddly, nurturing environment for 2-4 year olds. **Rock-O-Saurus Club** is for the
sitive 5-7 age group. **Sea Haunt** for adventurous 8-12s, and **Club Yes!**
e radical cool place just for teens.



om and Dad deserve time of their own.

While the kids are doing the things they love, parents have time to relax. With our **ranteed group babysitting** service, Mom and Dad can enjoy civilized pleasures of a candlelit dinner for two, a late night and the casino or a whole evening to themselves -- time they like.

Seven days of flex time.

ilies want to eat on their own schedule. AFC, **kids and parents eat when, where what they like.** Whether they prefer a casual buffet, ng-hot pizza or elegant restaurant-style dining, it's r choice, anytime of day.



Family Fun and adventure.

We keep the ball rolling with everything from basketball, soccer and baseball to golf and tennis clinics to Family Olympics, oceans of watersports and (a first on any ship) **batting cages and Rollerblade[R] skating!** And only on AFC, kids meet and get **coaching tips** from **Major League baseball greats** -- and trade favorite cards at AFC's Sports Card Expo.



AFC takes families to adventure. **Our Landfalls of the Explorers** cruise follows the wake of the great explorers in the Eastern Caribbean.

Voyage of the Buccaneers

travels the route of pirates in the Western Caribbean. And **Call of the Wild** is a call to adventure and fun in Alaska's wilderness.

The first real family vacation.

Only AFC has special **KidsPick[SM]** menus. An **American pediatrician** aboard every voyage. **2 to 6-berth cabins** for even the largest families. **Special Single Parent plan** and **Family Reunion packages.** And an outstanding staff of warm, caring kids' **Coaches** to supervise it all.

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Family of four, full 7 days, cruise only, super value season, including meals, entertainment and all onboard activities.

American Family Cruises. It's the vacation families have always wanted. Now why didn't someone think of it before?

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OTHER PEOPLE'S KIDS
Handling sticky discipline problems



In previous generations, adults had few reservations about correcting other people's children. There was a sense of community participation when it came to child-rearing. Any adult member of the community had a "right" to discipline any child of the community as long as the discipline was justified and just.

Today's parents tend to be protective when it comes to the disciplining of their children.

Under most circumstances, it's okay for family acquaintances to discipline your child. It's one thing to be protective about a complete stranger correcting the youngster; it is not always necessary to be sensitive when the adult doing the correcting is a teacher, a good neighbor, or a friend. Here are some questions I'm frequently asked about other people's kids, and about disciplining your own kids when others are involved:

Q: *What should I do when a child is misbehaving in my home and the youngster's parents do nothing?*

A: If they do nothing, then you have every reason and right to take control of the situation. Speak directly to the child, not to the parents. Don't ask the child to settle down, or to stop interrupting, or whatever. Instead, tell the child exactly what the rules are in your home concerning such behavior: "In this house, Rodney, we do not allow children to run and make lots of noise. You must be quiet and walk." Keep in mind that Rodney has probably never been spoken to in such a direct fashion. Therefore, it is likely he will do as you say. If not, suggest that his parents take him outside until he calms down.

Q: *My 16-month-old gets into everything, wherever I take him. My house is child-proofed, but none of my friends' houses are, since their children are older. When they invite me over, I'm constantly racing after my child, making sure he doesn't break things. It doesn't make for good visits.*

A: The next time a friend invites you for a visit, suggest that the two of you would have more time to talk if you didn't have to worry about what your child was into from one minute to the next. Ask if they'd be willing to take a few moments to put valuables out of your child's reach and close off rooms they don't want him exploring. They might also go into the attic and pull out some of their children's old toys. Better yet, they might just leave a few boxes and odds and ends lying around to occupy your child.

Q: *What if someone else's child misbehaves while in my home when the child's parents are not there? Should I discipline the child, or should I simply inform the parents and them handle it?*

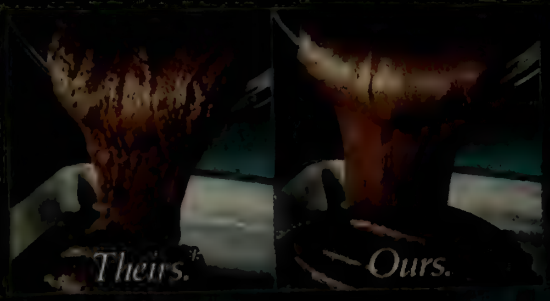
A: It depends. If the child has been left in your care, y have tacit permission to discipline. Under no circumstanc however, should you spank. Make the child sit in a chair a few minutes or take away a privilege. If the child lives the neighborhood and is in your home as a playmate, info the child of your rules. If the misbehavior continues, se the child home. Whether you inform the parents depends a number of factors, including the nature of the misbeha ior, how well you know the parents, and the possibility child may misrepresent the situation to them.

Q: *My 11-year-old daughter never fails to speak dist spectfully to me in front of her playmates. Stephanie know don't want to embarrass her in front of her friends, so s saves her sass for those inopportune times.*

A: Let me get this straight. You don't want to embarra her, yet you will let her embarrass you? No wond Stephanie sasses you. The next time this happens, turn her friend and say, "Stephanie thinks she can talk to me a way she wants when a friend is over. She thinks I won't anything about it. Well, she's wrong. I'm sorry, but I' sending Stephanie to her room for the rest of the day, a I'd like you to go home." Don't warn her of what y intend to do. Just do it! I'll let you in on a little secret. M daughter did the same thing when she was a preteen. first, we were upended. Then, we started turning rig around and embarrassing her in front of her friends, sendi her to her room and the friend home. Within a few week her sass was nipped in the bud.

—Family psychologist John Rosemond's most recent bo is Parent Power! *(Andrews/McMeel).*

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smoked bacon. Moist 'n' hot Cornbread Muffins. And more. Ten side dishes in all. It's a mouth-watering revolution of such epic proportions that no meal at KFC will ever be the same. **We do chicken right.®**

Not all menu items available at every restaurant. © KFC National Ad Co-op–1993.

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Buy a quarter chicken, 2 small sides and 1 bread of your choice and receive $1.00 off.

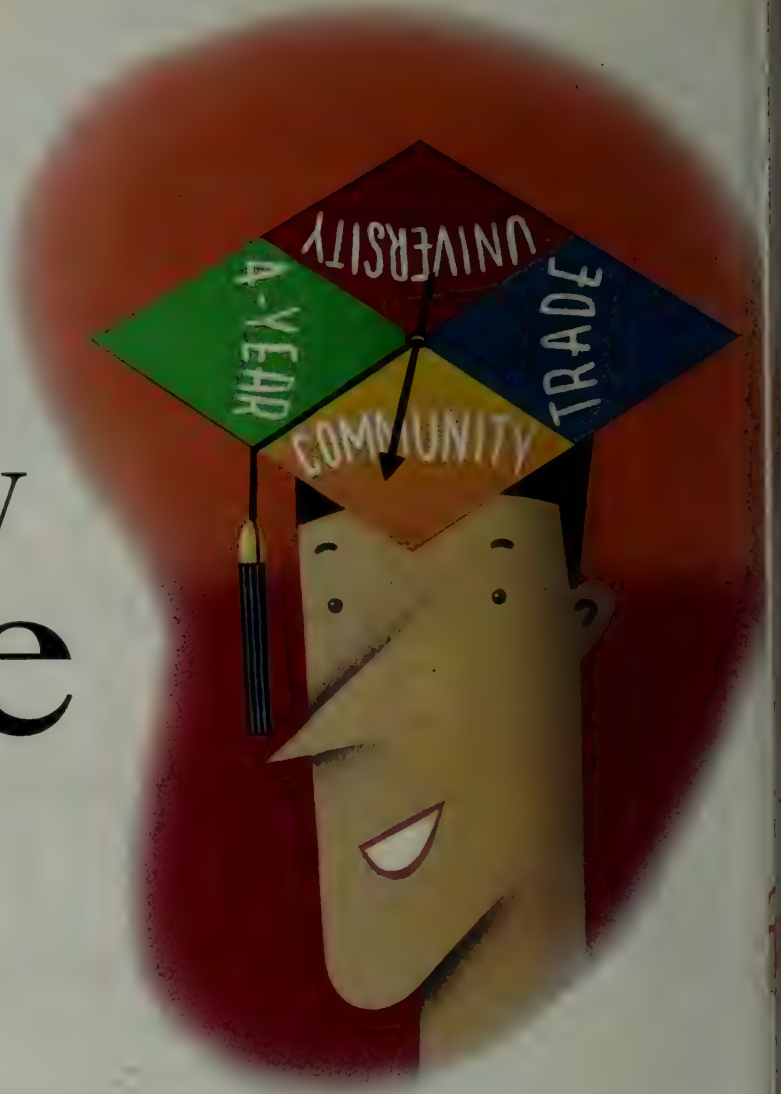
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298

KFC

Making Community College *Pay Off*



BY ANDREA ATKINS

COMMUNITY COLLEGES, once the second choice for many students, are emerging as an essential educational vehicle.

For people who want to learn a special skill, improve their knowledge in a technical area, or reenter the workforce, the low-cost alternative of a public, two-year community college may be the bargain of the century. Community college also is a practical choice for people who want to make a transition from high school to a four-year college, or just expand their minds.

Forging a niche. "Historically, community colleges have provided job-specific skills for the businesses in their area," says Curtis Plott, president of the American Society for Training and Development in Alexandria, Virginia. "I think that role is going to become even more important in the next five to 10 years. Sixty-one percent of high school graduates in this country don't go to college, and businesses need people with training beyond high school."

That need has brought more and more students to their local college—even those who've been to college before. "There's a fairly large percentage of people attending who have other degrees," says David Pierce, president of the American Association of Community Colleges. "There are people who are simply trying to change their careers, make themselves more employable, or upgrade their salaries."

And why not? Since their beginning in the early 1960s, community colleges have positioned themselves as "access institutions," Pierce says, places that are easy to get to, cost less, and where financial aid is relatively easy to come by.

Enrollments on the rise. In 1992, the latest year for which statistics are available, 6.4 million people were enrolled in community colleges. That's up almost 2 million from 1985. Part-time students outnumber full-time, but that may change as full-time enrollment continues to grow, says Bill Reinhard, director of news services for the American Association of Community Colleges.

Reinhard says that for many students, the personal nature of a small community college is a draw. Where larger universities encourage their professors to do research and to get scholarly works published, the emphasis at community colleges is on teaching.

Another draw includes the fact that community college annual costs run about half that of a public four-year college (*see* What Does It Cost?, *page 42*).

Industry connections. More than 75 percent of the nation's community colleges are involved in on-site training programs for business. That means your community college is likely to be tied to one or more of your area's biggest employers.

Take Tecumseh Products Company in Tupelo, Mississippi, for example. The company manufactures compressors for the refrigeration and air-conditioning industry using processes that have become highly technical over the years, according to Bill Vanover, general manager of the company's Tupelo/Shannon Divisions.

Vanover worked with officials from Itawamba

continued on page 42

NEW!
Whitewater Fresh
Zest
New Whitewater Fresh Zest.
It rinses cleaner so your family's skin feels smoother.
Soap leaves a film you can feel on your skin.
But New Whitewater Fresh Zest® rinses cleaner than soap.
So your skin feels smoother than soap.
You're not fully clean unless you're Zestfully clean.

COMMUNITY COLLEGE

continued from page 40

Community College in Tupelo to set up a program to train current and future workers.

"Once we educated each other on what was needed, we really started making progress," recalls Vanover, who estimates that now more than 50 percent of the company's workforce has had some courses at the local community college. "Without the community college, we would not be a successful company," he says.

Many companies agree. Deborah DiCroce, president of Piedmont Virginia Community College in Charlottesville, Virginia, finds that most employers feel that a high school diploma is just not enough anymore. "Clearly, given the age of technology, learning must become a lifelong process."

While you can learn computers or robotics at a school designed specifically for that, a community college degree also requires course work in English, social sciences, and mathematics.

Vanover praises Itawamba Community College for training his company's employees to be able to communicate and—most importantly—to work as a team. "High schools seem to train people to compete rather than to work together," he says.

"WITHOUT THE COMMUNITY COLLEGE, WE WOULD NOT BE A SUCCESSFUL COMPANY."

Gateway to a four-year college. For many students, community college is the springboard to a bachelor's degree. Some start there because they want to improve their high school grades. Others can't get into overcrowded classes at larger universities, so take general education courses at a community college. Money also is a compelling reason.

"I always wanted to go to a four-year school," says Rhonda Johnson, 24, who graduated from Piedmont last spring. "The main reason I went to community college was because it was more financially viable for me." This fall, Johnson will continue her degree at the University of Virginia.

Studies have shown that students who transfer from community colleges do as well as or better than those students who began at at the four-year institution.

What to study. The most popular field of study, according to the American Association of Community Colleges, is business and management. An associate's degree in that area could qualify you to work in banking or the retail industry, for example, or for a low- to middle-management position in a larger company.

The next most popular field is allied health. Community college students become nurses, radiation technicians, dental hygienists, and other health professionals.

Courses in engineering and related technology such as drafting and robotics attract many community college students and prepare them for jobs in manufacturing, construction, and similar fields.

Other graduates find work in public affairs or government services, in the food industry, law professions, and fine arts among others.

DiCroce says many students come to community college not knowing what they want to do with the education. Many colleges have a strong placement department that will test your skills and help you determine where to set your sights.

School shopping. Although most community colleges will provide you with an excellent education, you must make sure you get the training that will serve you best.

Not all colleges are the same, says Reinhard. "The differences depend on the specific communities being served."

Here's what to consider when you're comparing community colleges:

- Narrow your field of interest. You don't have to know exactly what you want to do upon entering school, but try to identify your interests.
- Investigate the course offerings. Match your talents with what the college has to offer.
- Talk to potential employers. You think you'd like to be a draftsperson with a local engineering firm? Talk to someone in personnel and see if they've hired people from the school you're considering. Ask if the training you would get would be useful and applicable in that industry.
- Check for ease of transfer. Query four-year institutions you might want to attend to determine whether they accept students from the two-year college you're investigating, and the requirements for transfer.

These steps may seem laborious, but they are worth the time and energy, says Plott of the American Society for Training and Development.

Remember that community colleges are meant to be accessible. To enroll, you usually do not need to take the Scholastic Aptitude Test (SAT) or fill out a long application. Many offer on-site child care centers and counseling for displaced homemakers or workers laid off from their jobs.

"Don't go for the grade," Piedmont's DiCroce says. "Go for the learning experience itself. And become involved in the life at school. Take advantage of the cultural and social opportunities—the clubs and activities that supplement what's happening in the classroom."

WHO ATTENDS COMMUNITY COLLEGES?

Women represent 58 percent of the enrollees, a 3-percent increase over 1990, the association says. Community college students tend to be older, too, at an average age of 29. An estimated five million people take noncredit courses at community colleges—many just for fun.

WHAT DOES IT COST?

One year's tuition at a community college costs an average $1,292 versus an average of $2,315 annually at a four-year public school, and $10,498 at a four-year independent college. These figures are published by the College Entrance Examination Board, based on 1992 rates.

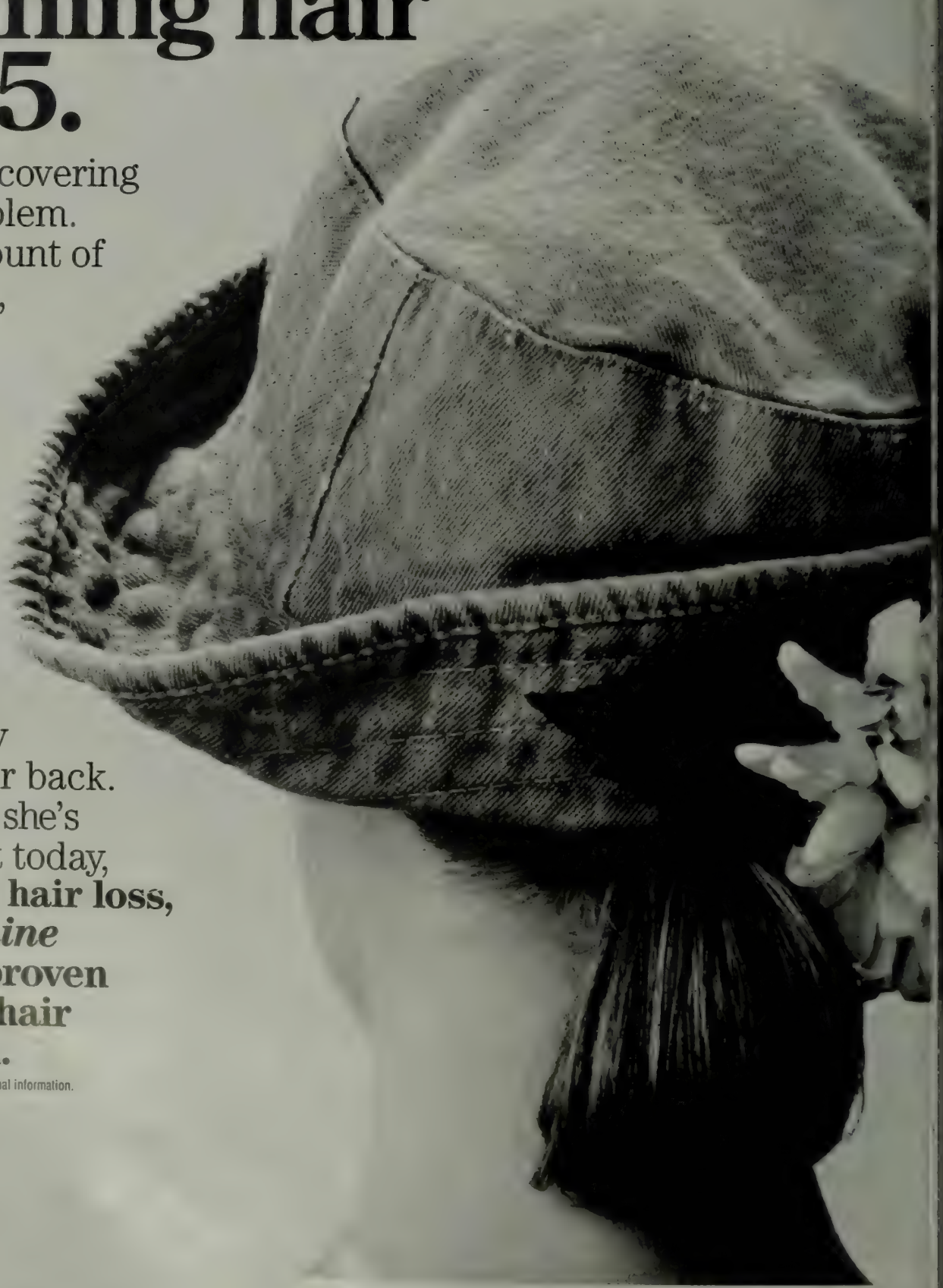
HOW MUCH CAN I EARN?

In 1990, according to the U.S. Census Bureau, a person with an associate's degree earned 55 percent more than a person with a high school diploma.

	Monthly avg.
High School Diploma	$ 800
AA Degree	$ 1,250
Bachelor's Degree	$ 1,600


Now Mr. Clean
s Mountain Falls fresh!
NEW
MR. CLEAN
MOUNTAIN FALLS
Now there's a second fresh, light scent from the same powerful cleaner. New Mr. Clean Mountain Falls cleans to the shine with a waterfall of freshness.
Mr. Clean® it to the Shine.

Lois never thought she'd have thinning hair at 25.



She's been covering up the problem. But no amount of blowdrying, gelling, moussing, twisting, no ribbon, no scarf, no bow, no clip can do the one thing she truly wants: grow her own hair back. Fortunately, she's learned that today, **for diffuse hair loss, Only *Rogaine* has been proven to regrow hair for women.**

See adjacent page for important additional information.

Hair loss is hard for a woman to cope with at any age. At least you're not alone. Over 20 million women share your problem. Fortunately, there's hope. Because it is possible to regrow your hair, with *Rogaine*® Topical Solution (minoxidil 2%).

Hair grows in cycles. *Rogaine* works in part by prolonging the growth cycle. With more hairs growing longer and thicker at the same time, you may see improved scalp coverage.

Dermatologists conducted 8-month clinical tests. Nineteen percent of women using *Rogaine* reported at least moderate hair regrowth, compared with 7% of those using a placebo (a similar solution without minoxidil, the active ingredient in *Rogaine*).

By physician evaluation, almost two of every three women using *Rogaine* had some hair regrowth: 13% had moderate regrowth and 50% had minimal regrowth. The rest (37%) had no regrowth. Thirty-nine percent of the women in the placebo group were also evaluated to have regrown hair.

However, when actual numbers of newly regrown hairs in the 1-cm² area of the test were counted after 8 months of treatment, the group on Rogaine *averaged more than twice as much regrowth (23 more hairs) as the placebo group (11 more hairs).* Individual results may vary.

As with other prescription drugs, studies have not been conducted in pregnant women treated with *Rogaine;* therefore, *Rogaine* should not be administered to pregnant or nursing women. Effectiveness in post-menopausal women has not been studied.

Side effects were minimal: 7% of those who used *Rogaine* had itching of the scalp. *Rogaine* should only be applied to a normal, healthy scalp (not sunburned or irritated).

Studies indicate that *at least 4 months of twice-daily treatment* with *Rogaine* are usually necessary before there is evidence of regrowth.

Rogaine is a treatment, not a cure. So further progress is only possible by using it continuously. Some anecdotal reports indicate that if you stop using it, you will probably shed the newly regrown hair within a few months. Try making *Rogaine* part of your daily regimen, just like brushing your teeth.

Why wait? Find out whether *Rogaine* is for you. Call **1-800-944-1116**. Today. We'll send you an informational brochure explaining all about the product and how to use it. And because *Rogaine* requires a prescription, we'll include a list of nearby *dermatologists or other doctors experienced in treating hair loss* and a $10 incentive to visit a doctor soon.

What is ROGAINE?
ROGAINE Topical Solution is a prescription medicine for use on the scalp that is used to treat a type of hair loss in men and women known as androgenetic alopecia: hair loss of the scalp vertex (top or crown of the head) in men and diffuse hair loss or thinning of the front and top of the scalp in women. ROGAINE is a topical form of minoxidil, for use on the scalp.

How effective is ROGAINE?
In men: Clinical studies with ROGAINE of over 2,300 men with male pattern baldness involving the top (vertex) of the head were conducted by physicians in 27 US medical centers. Based on patient evaluations of regrowth at the end of 4 months, 26% of the patients using ROGAINE had moderate to dense hair regrowth compared with 11% who used a placebo treatment (no active ingredient). No regrowth was reported by 41% of those using ROGAINE and 60% of those using a placebo. By the end of 1 year, 48% of those who continued to use ROGAINE rated their hair growth as moderate or better.

In women: Clinical studies with ROGAINE were conducted by physicians in 11 US medical centers involving 256 women with hair loss. Based on patient evaluations of regrowth after 32 weeks (8 months), 19% of the women using ROGAINE had at least moderate regrowth compared with 7% of those using a placebo. No regrowth was reported by 41% of the group using ROGAINE and 60% of the group using placebo.

How soon can I expect results from using ROGAINE?
Studies show that the response time to ROGAINE may differ greatly from one person to another. Some people using ROGAINE may see results faster than others; others may respond with a slower rate of hair regrowth. You should not expect visible regrowth in less than 4 months.

How long do I need to use ROGAINE?
ROGAINE is a hair-loss treatment, not a cure. If you have new hair growth, you will need to continue using ROGAINE to keep or increase hair regrowth. If you do not begin to show new hair growth with ROGAINE after a reasonable period of time (at least 4 months), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
Probably not. People have reported that new hair growth was shed after they stopped using ROGAINE.

How much ROGAINE should I use?
You should apply a 1-mL dose of ROGAINE twice a day to your clean dry scalp, once in the morning and once at night before bedtime. Wash your hands after use if your fingers are used to apply ROGAINE. ROGAINE must remain on the scalp for at least 4 hours to ensure penetration into the scalp. Do not wash your hair for at least 4 hours after applying it. If you wash your hair before applying ROGAINE, be sure your scalp and hair are dry when you apply it. *Please refer to the Instructions for Use* in the package.

What if I miss a dose or forget to use ROGAINE?
Do not try to make up for missed applications of ROGAINE. You should restart your twice-daily doses and return to your usual schedule.

What are the most common side effects reported in clinical studies with ROGAINE?
Itching and other skin irritations of the treated scalp area were the most common side effects directly linked to ROGAINE in clinical studies. About 7 of every 100 people who used ROGAINE (7%) had these complaints.

Other side effects, including light-headedness, dizziness, and headaches, were reported both by people using ROGAINE and by those using the placebo solution with no minoxidil. You should ask your doctor to discuss side effects of ROGAINE with you.

People who are extra sensitive or allergic to minoxidil, propylene glycol, or ethanol should not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes or sensitive skin areas. If ROGAINE accidentally gets into these areas, rinse the area with large amounts of cool tap water. Contact your doctor if the irritation does not go away. If the spray applicator is used, avoid inhaling the spray.

What are some of the side effects people have reported?
ROGAINE was used by 3,857 patients (347 females) in placebo-controlled clinical trials. Except for dermatologic events (involving the skin), no individual reaction or reactions grouped by body systems appeared to be more common in the minoxidil-treated patients than in placebo-treated patients.

Dermatologic: irritant or allergic contact dermatitis—7.36%; **Respiratory:** bronchitis, upper respiratory infection, sinusitis—7.16%; **Gastrointestinal:** diarrhea, nausea, vomiting—4.33%; **Neurologic:** headache, dizziness, faintness, light-headedness—3.42%; **Musculoskeletal:** fractures, back pain, tendinitis—2.59%; **Cardiovascular:** edema, chest pain, blood pressure increases/decreases, palpitations, pulse rate increases/decreases—1.53%; **Allergic:** nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, and sensitivity—1.27%; **Metabolic-Nutritional:** edema, weight gain—1.24%; **Special Senses:** conjunctivitis, ear infections, vertigo—1.17%; **Genital Tract:** prostatitis, epididymitis, vaginitis, vulvitis, vaginal discharge/itching—0.91%; **Urinary Tract:** urinary tract infections, renal calculi, urethritis—0.93%; **Endocrine:** 0.47%; **Psychiatric:** anxiety, depression, fatigue—0.36%; **Hematologic:** lymphadenopathy, thrombocytopenia—0.31%.

ROGAINE use has been monitored for up to 5 years, and there has been no change in incidence or severity of reported adverse reactions. Additional adverse events have been reported since marketing ROGAINE and include eczema; hypertrichosis (excessive hair growth); local erythema (redness); pruritus (itching); dry skin/scalp flaking; sexual dysfunction; visual disturbances, including decreased visual acuity (clarity); increase in hair loss; and alopecia (hair loss).

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Serious side effects have not been linked to ROGAINE in clinical studies. However, it is possible that they could occur if more than the recommended dose of ROGAINE was applied, because the active ingredient in ROGAINE is the same as that in minoxidil tablets. These effects appear to be dose related; that is, more effects are seen with higher doses.

Because very small amounts of minoxidil reach the blood when the recommended dose of ROGAINE is applied to the scalp, you should know about certain effects that may occur when the tablet form of minoxidil is used to treat high blood pressure. Minoxidil tablets lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to fluid retention and faster heart rate. The following effects have occurred in some patients taking minoxidil tablets for high blood pressure:

Increased heart rate: some patients have reported that their resting heart rate increased by more than 20 beats per minute.
Salt and water retention: weight gain of more than 5 pounds in a short period of time or swelling of the face, hands, ankles, or stomach area.
Problems breathing: especially when lying down; a result of a buildup of body fluids or fluid around the heart.
Worsening or new attack of angina pectoris: brief, sudden chest pain.

When you apply ROGAINE to normal skin, very little minoxidil is absorbed. You probably will not have the possible effects caused by minoxidil tablets when you use ROGAINE. If, however, you experience any of the possible side effects listed above, stop using ROGAINE and consult your doctor. Any such effects would be most likely if ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in much larger amounts than would be absorbed from topical use (on skin) in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given minoxidil tablets for high blood pressure at effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
People with a known or suspected heart condition or a tendency for heart failure would be at particular risk if increased heart rate or fluid retention were to occur. People with these kinds of heart problems should discuss the possible risks of treatment with their doctor if they choose to use ROGAINE.

ROGAINE should be used only on the balding scalp. Using ROGAINE on other parts of the body may increase minoxidil absorption, which may increase the chances of having side effects. You should not use ROGAINE if your scalp is irritated or sunburned, and you should not use it if you are using other skin treatments on your scalp.

Can people with high blood pressure use ROGAINE?
Most people with high blood pressure, including those taking high blood pressure medicine, can use ROGAINE but should be monitored closely by their doctor. Patients taking a blood pressure medicine called guanethidine should not use ROGAINE.

Should any precautions be followed?
People who use ROGAINE should see their doctor 1 month after starting ROGAINE and at least every 6 months thereafter. Stop using ROGAINE if any of the following occur: salt and water retention, problems breathing, faster heart rate, or chest pains.

Do not use ROGAINE if you are using other drugs applied to the scalp such as corticosteroids, retinoids, petrolatum, or agents that might increase absorption through the skin. ROGAINE is for use on the scalp only. Each 1 mL of solution contains 20 mg minoxidil, and accidental ingestion could cause unwanted effects.

Are there special precautions for women?
Pregnant women and nursing mothers should not use ROGAINE. Also, its effects on women during labor and delivery are not known. Efficacy in postmenopausal women has not been studied. Studies show the use of ROGAINE will not affect menstrual cycle length, amount of flow, or duration of the menstrual period. Discontinue using ROGAINE and consult your doctor as soon as possible if your menstrual period does not occur at the expected time.

Can ROGAINE be used by children?
No, the safety and effectiveness of ROGAINE has not been tested in people under age 18.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

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HEADING OFF HEADACHES
New help for migraines is only the beginning



A new drug may spell relief for three-quarters of America's migraine sufferers. That drug, sumatriptan, is just one piece of the good news for those who battle headache on a regular basis. Doctors and researchers are always seeking better ways to deal with headaches of every stripe.

Nationwide, there are now more than two dozen headache clinics and hundreds of headache specialists who can call upon an arsenal of safe, nonaddictive drugs and alternative treatments to help upwards of 90 percent of sufferers, say experts. Yet only a fraction of headache patients seek help.

Recent developments may encourage more people to get proper treatment. Here's the latest on the principal kinds of headaches: migraine, cluster, and tension.

Safe new remedies offer help to 90 percent of sufferers.

MIGRAINE

These misery-causing monsters make the simplest daily tasks impossible, and drive sufferers to the retreat of a dark, quiet room. Sumatriptan offers a ray of hope. Approved by the FDA last December, the drug offers relief without unpleasant side effects.

"It's not a miracle, but it is the first drug of its kind designed specifically for migraines," says Joel Saper, M.D., director of the Michigan Head Pain and Neurological Institute in Ann Arbor. "Because it is self-injected, sumatriptan will open the door to a new era of treatment."

Sumatriptan works by normalizing the balance of certain chemicals in the head. The development of the drug, sold under the brand name Imitrex, illustrates the progress made in understanding headaches, long mired in misdiagnosis and mistreatment, says Dr. Saper.

Spotting migraine headaches. Migraines usually follow one of two patterns:

• "Common" migraine develops moderate to severe throbbing pain, usually on one side of the head, often behind one eye. It often causes sensitivity to light and noise, and may be accompanied by nausea and vomiting.

• "Classic" migraine, about 20 percent of cases, is preceded by an aura, a warning condition that features visual disturbances—shimmering images, zigzag or jagged lines, blurred vision—and occasionally includes tingling and numbness. Other symptoms mirror "common" migraine.

The attacks can last several hours to several days, with pain-free periods in between. On average, migraines occur two to four times a month, but their frequency ranges from several times a week to several times a year.

Migraines run in the family (about 70 percent of sufferers have close relatives with the condition), often beginning in childhood or adolescence and tending to fade as people grow older, says Seymour Solomon, M.D., director of the Headache Unit at Montefiore Hospital in Bronx, N.Y. They affect 15 percent of the population, three times as many women as men.

Fluctuating female hormones probably explain this difference, Dr. Solomon says. In surveys, 60 percent of headache-prone women report menstrual migraines—severe headaches shortly before, during, or just after their period. As a result of the hormone link, migraines also tend to subside during pregnancy, disappear after menopause, and grow worse when a woman takes birth control pills or estrogen, Dr. Solomon adds.

Triggers. While genetics can prime the pump, any one of hundreds of factors can start the pain flowing. Studies show that about 20 percent of people have headaches triggered by diet, according to the American Council for Headache Education.

Food components that cause trouble include tyramine (aged cheeses, herring), phenylethylamine (chocolate), nitrites (hot dogs, processed meats), monosodium gluta-

continued on page 50

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HEADACHES

continued from page 46

mate (Chinese food and many processed foods), alcohol (especially red wine), and caffeine (coffee, soda pop).

Still, the food-migraine link isn't universal. Many sufferers eat supposedly troublesome foods without problems, says J. Keith Campbell, M.D., of the Mayo Clinic in Rochester, Minnesota. "My patients haven't had much luck with restrictive diets, but I tell people to avoid any food they suspect contributes to their headaches."

Stress also sets off migraines, but reports suggest that headaches often occur in the aftermath of stress. People commonly suffer "letdown headaches" on weekends or the first day of vacation. Other common triggers: noise, bright lights, changes in weather, high altitude, odors, the chemicals in perfume and insecticides, carbon monoxide in air pollution and cigarette smoke, fatigue, and changes in sleeping or eating patterns.

Researchers, however, are skeptical of a "migraine personality"—the notion that migraine sufferers are compulsive, perfectionist high achievers. Recent surveys suggest that they come from a diverse group.

Treatments. As noted, sumatriptan is the current wunderkind for migraine. Powerful and quick-acting, the drug can help patients feel better within 15 minutes of taking the drug and allow them to resume normal activity in 30-45 minutes, says Neil Raskin, M.D., professor of neurology at the University of California, San Francisco.

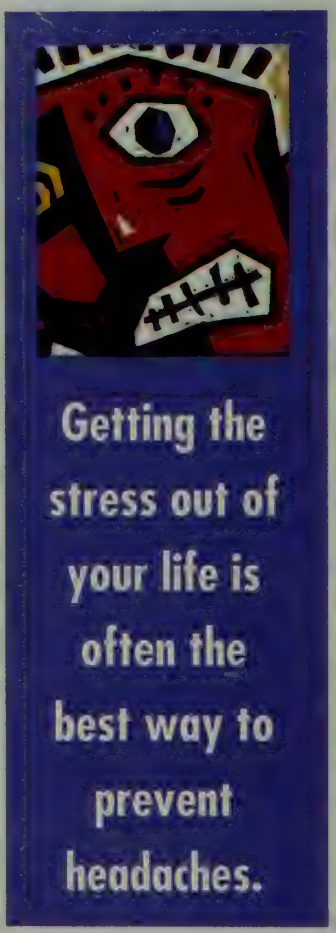
Sumatriptan has several pluses: It is effective even when taken after a headache is in progress, though a sizable number of people get a return of their headache pain and need a second injection, he says.

Sumatriptan also can be taken at home with a prepackaged syringe for self-injection—eventually, a pill form should be approved—cutting down on visits to the doctor's office or emergency room. Most important, sumatriptan has few side effects, but its effect on blood vessels makes it unsuitable for people with heart disease. It's also not recommended for pregnant women.

An older line of attack, ergot-based drugs (ergotamine, Cafergot) also quells pain, but these remedies work best when taken in the earliest stages of a headache. They often cause nausea and vomiting, says Dr. Raskin.

For severe attacks, a drug called dihydroergotamine (DHE 45), an ergotamine derivative injected into the muscle or given intravenously, matches the success of sumatriptan, but it, too, commonly produces nausea. DHE 45 costs less than $10 per dose, versus $40 a dose for sumatriptan.

The safest way to prevent migraines is to avoid things that trigger attacks. Prevention-oriented drugs can stave off attacks and should be considered when patients suffer two or more disabling attacks per month. Beta blockers and calcium-channel blockers are most commonly prescribed for this purpose. Physicians also use tricyclic antidepressants and a drug called methysergide. Many of these drugs have negative side effects, however.



CLUSTER HEADACHES

The most intense headaches, these recur in groups of one or more attacks per day for weeks or months, then none at all for months or years. The pain is ferocious, often centered in or around one eye. Attacks cause the eye to tear and lead to a blocked or runny nose. The attacks arrive with little warning and are relatively brief—from 20 minutes to several hours—but can start and stop several times a day. They often strike at the same time each day, commonly at night; many sufferers report being awakened by headaches.

Treatments. Several options offer relief. Pure oxygen, inhaled through a mask, stops a cluster headache in its tracks. Ergotamine lessens acute attacks. Sumatriptan also promises to be effective. Researchers also are experimenting with nasal drops containing capsaicin, the source of heat in red peppers, notes Ninan Mathew, M.D., director of the Houston Headache Clinic. Several drugs prevent attacks: ergotamine, methysergide, steroids, and lithium. Standard advice is to avoid smoking and drinking.

TENSION HEADACHES

Here's the everyday ache experienced by everyone. Tension headaches often arise from tense face and neck muscles. But "tension" also applies to anxiety and stress. A harried lifestyle, money worries, and difficulty dealing with anger and frustration may lead to muscle tension, says Patrick Johnson, Ph.D., a headache specialist at the University of Washington Medical Center in Seattle.

Other possible causes: strains from physical work, poor posture, eyestrain, whiplash from an accident, and grinding your teeth.

Tension-type headaches usually involve dull, constant pain and a tight viselike sensation across the back of the head and neck. These headaches, which can occur daily or infrequently, last from 30 minutes to all day.

Treatments. Over-the-counter pain relievers (aspirin, acetaminophen, and ibuprofen) bring relief for the occasional headache, but aren't a substitute for good habits and a healthy lifestyle, says Dr. Johnson. Moreover, strong painkillers, sedatives, and muscle relaxants can be addictive.

To reduce tension, experts recommend relaxation techniques, stress management, and biofeedback, which teaches people how to monitor and control body temperature and muscle tension. "Often, it's the everyday stresses and strains that build up muscle tension," says Johnson. "People have to change the way they handle daily hassles."

FOR MORE INFORMATION

For information on treatment and support groups, call the American Council for Headache Education, 800/255-ACHE, or the National Headache Foundation, 800/843-2256.

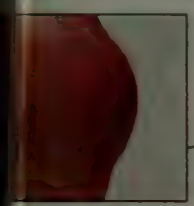


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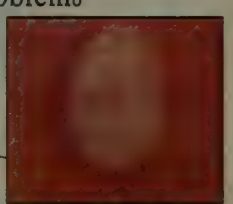
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ons: Buildup of bone, fluid or skin on big toe joint; caused by pressure and friction.



Corn: Hard or soft skin on or between toes; caused by pressure and friction.



Callus: Thick skin on toes or bottom of foot; caused by pressure and friction.



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BY PAUL KRANTZ

The Home Drug Store

Stocking your family medicine chest



There you are, crumpled tissue in hand, searching for something to dry up that runny nose. You scan the store shelves. Will this work? No, that's for allergies, and you have a cold. Right? Is this pill better than that capsule? And what about those store brands?

If buying medicines leaves you confused, read on. Here's everything you need to know about stocking your home medicine chest, your guide to what works for most everyday illnesses.

But before you start stocking up on new medicines, take a few minutes to take stock of what you have on hand. Here's what to toss:

- Prescriptions you aren't using now
- Medications that have expired
- Bottles with unreadable labels
- Any medicine that has changed color or developed an odor.

Flush these products down the toilet. Don't worry, you won't harm the environment, and flushing is much safer than leaving pills in the garbage.

A GUIDE TO WHAT WORKS

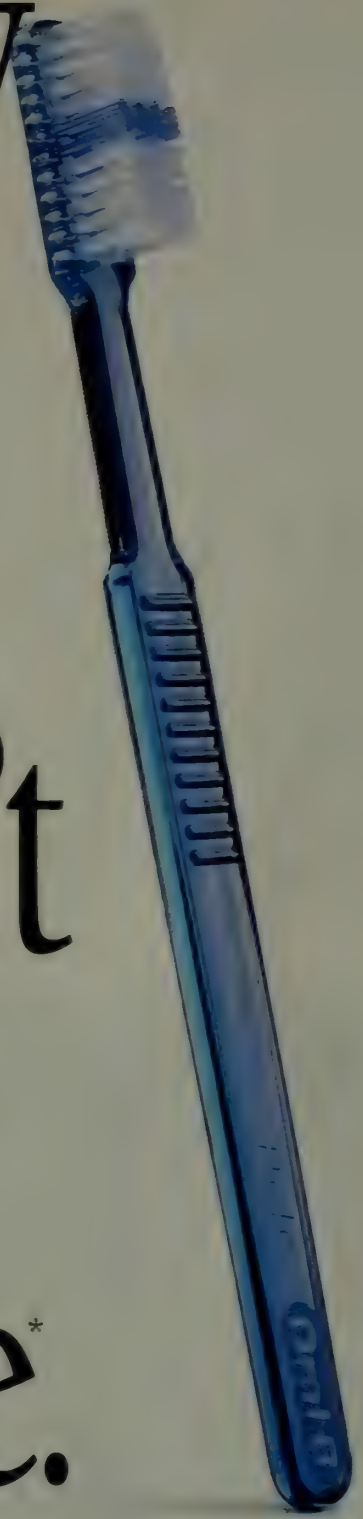
Despite the seemingly endless array of over-the-counter (OTC) remedies, most of the heavy lifting is done by a relative handful of drugs. Fewer than 50 active ingredients account for the vast majority of the relief you seek.

In each of the following sections below, we'll tell you which active ingredients to look for when you need a particular sort of relief. Don't panic when you start seeing those jawbreaker names. You don't even have to pronounce them if you don't want to.

A little secret. The simplest way to ensure that you are getting effective OTC remedies is to shop for brand names. If you've seen a product advertised on national television and in reputable magazines and newspapers, chances are the product will perform pretty much as advertised. Of course, you have to use some common sense. There is no miracle grapefruit pill that will cure arthritis in ten days, even if that's what the full-page newspaper ad says.

continued on page 54

ou can buy fancier oothbrush. But you can't uy a more ffective one.*



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HOME DRUG STORE

continued from page 52

By and large, if you stick to well-known brand names, you don't need to pay as much attention to specific ingredients. But—and this is a big but—you do have to educate yourself so that you take the right remedy for what ails you.

For example, allergy symptoms are best treated by antihistamines. Cold and flu symptoms are often better treated with decongestants.

Saving money. Here's where those twenty-letter names *do* come in handy, and why we've included them. Many brand-name products contain ingredients that are available in generic form. A generic drug is identical to a brand-name drug, except that you look for it under its chemical name.

Generic OTC drugs are, almost without exception, just as effective as their branded counterparts. Generics are also generally less expensive. For example, generic chlorpheniramine maleate—an allergy medicine—recently cost five cents a pill at one midwestern grocery store. A few bottles down the aisle, a national brand version was selling for 18 cents a pill.

Between branded and generic medicines lie the store brands and the "value" brands. Comparison shopping among branded, generic, and store brands can lead to big savings.

ACHES AND PAINS

Sources of pain are seemingly endless: headache, muscle soreness, and menstrual cramps, for example. Despite the variety of kinds of ache, most OTC pain medicines rely on just three active ingredients: aspirin, ibuprofen, and acetaminophen.

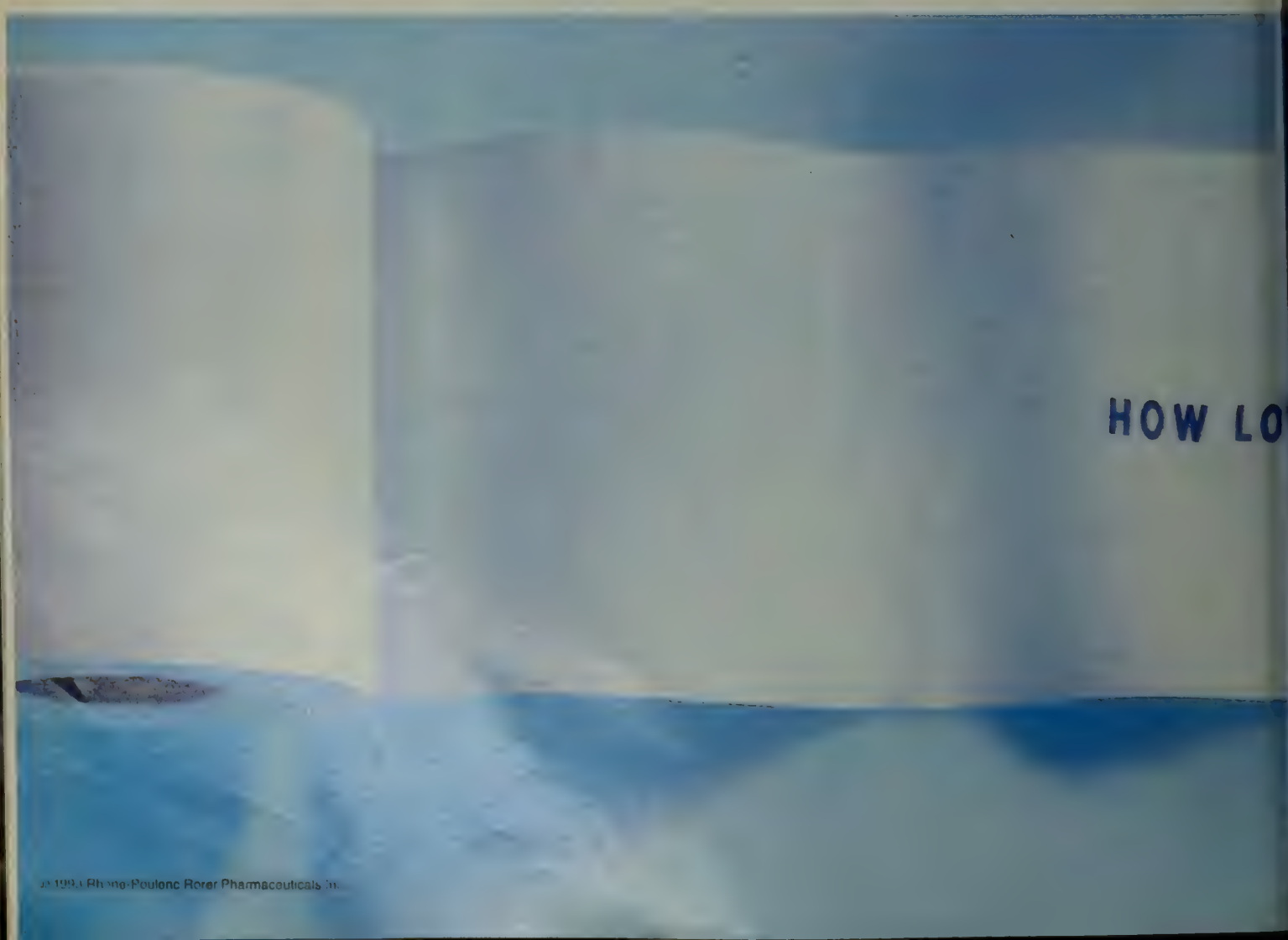
Aspirin has the longest history of the three, and remains a remarkably able painkiller. Just about any sort of ache can be treated with aspirin. This humble remedy also reduces fever, and it quells inflammation, making it especially helpful for arthritis patients. Aspirin is the least expensive of the three common pain relievers.

The drawbacks of aspirin, unfortunately, keep it from being a good choice for everyone. Aspirin commonly causes stomach upset and heartburn. It can cause bleeding in the digestive tract—though usually not enough to be worrisome—so aspirin is a no-no for anyone with stomach ulcers. Aspirin shouldn't be given to children and teens with flu or chicken-pox symptoms. This combination is linked to Reye's syndrome, a potentially fatal illness. Finally, if you are taking a blood-thinning drug, avoid aspirin, which can exaggerate the effects of these medicines.

The bottom line: Aspirin is fine if you don't have a medical reason to avoid it. (To be safest, read the label of all medications before using.)

Ibuprofen. Like aspirin, ibuprofen is good for most pain, and it can reduce fever and inflammation. It is highly recommended for menstrual pain and muscle aches.

Also like aspirin, ibuprofen may upset your stomach, but it is less likely to do so. It is much less likely to



use stomach bleeding, but still not commended for most ulcer patients. The bottom line: A good substitute r aspirin, though more expensive.

Acetaminophen, nother all-around pain-ller, is champs for tem-orary relief of tooth pain, fter an extraction, for xample. (Always see our dentist when your eeth hurt.) The biggest enefit of acetaminophen s that it kills pain and educes fever without psetting your stomach. It oesn't reduce inflamma-ion, so it's not the best hoice for arthritis. Another caution: Recent tudies have shown that eople who abuse alcohol nd take acetaminophen egularly are especially susceptible to liver damage.

The bottom line: A good general purpose, moderately priced painkiller with no major drawbacks.

MORE THAN 800 COLD REMEDIES ARE SOLD IN THE U.S. MOST RELY ON JUST A HANDFUL OF ACTIVE INGREDIENTS.

COLDS, FLU, AND ALLERGIES

The causes of these three ailments are completely unrelated. We put them together because they produce similar symptoms. Temporarily relieving symptoms, not curing illness, is the best you can hope for with this trio.

The best approach: Treat your symptoms. Even if you're not sure whether you have a cold, the flu, or allergies, you can hope for some relief.

Note: If your symptoms are making you truly miserable, plague you for more than ten days, or are accompanied by a high fever or sore throat, talk to your doctor soon. You could have a serious illness.

But when you're just feeling normally yucky, here's how to treat what ails you:

Sneezing, watery or itchy eyes, and clear nasal drip (sorry about that) are classic signs of an allergy. Treat these symptoms with an antihistamine (see list on *page 56*).

Antihistamines have one major drawback or advantage: drowsiness. That's good if you want to get to sleep but dangerous if you want to stay awake. Use all antihistamines with care, and avoid alcohol when you are using them. Many doctors feel that chlorpheniramine is less likely to cause drowsiness. There are also good non-sedating antihistamines available by prescription.

A stuffy nose and thick yellow or green nasal drip (really sorry about that one) signal a cold or the flu. Treat these symptoms with a decongestant (see list on *page 56*).

If you want especially fast relief, use a nasal spray decongestant, but heed the package warnings. These products, if overused, will backfire on you, leaving your nose more stuffed than ever.

Decongestants in pill form have a

continued on page 56

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NAMES TO KNOW

Look for these ingredients when buyin generic remedies. Some products conta several active ingredients and offer relief for several symptoms. Otherwise single ingredient preparations are usua ly your best buy. See text for details.

ANTIHISTAMINES

- **Brompheniramine (also dextrobrompheniramine**
- **Chlorpheniramine**
- **Clemastine fumarate**
- **Diphenhydramine**
- **Triprolidine**
- **Pheniramine tartrate**

DECONGESTANTS

Oral:

- **Phenylpropanolamine**
- **Pseudoephedrine**

Nasal:

- **Phenylephrine**
- **Oxymetazoline**
- **Naphazoline**

LAXATIVES

Bulk-producing:

- **Psyllium**
- **Methylcellulose**
- **Polycarbophil**

Chemical:

- **Phenothalein**
- **Senna**
- **Biscodyl**
- **Docusate sodium (stool softener)**
- **Magnesium hydroxide**
- **Mineral oil/glycerine**

ANTACIDS

- **Aluminum hydroxide**
- **Magnesium hydroxide**
- **Sodium carbonate/bicarbonate**
- **Calcium carbonate**
- **Magaldrate**
- **Bismuth subsalicylate**

HOME DRUG STORE

continued from page 55

drawback. Some can boost your blood pressure, so talk to your doctor before using a decongestant if you have high blood pressure.

For coughs, the only proven OTC drug is dextromethorphan. Sugary syrups and drops will soothe a cough-weary throat, but won't stop the hacking. Drinking plenty of liquids is the best way to loosen thick mucus.

For other symptoms: Treat the minor aches and fever of the flu with any of the pain relievers discussed on *pages 54-55*. Avoid home remedies for severe sore throat or earache, or a dry, raspy cough. Instead, talk to your doctor as soon as possible.

CONSTIPATION AND DIARRHEA

Hey, don't skip over this section! You risk major health problems if you don't handle these illnesses properly.

Diarrhea is a medical emergency for infants less than six months old, but usually only an inconvenience for adults. The most common cause is a bug picked up in spoiled food or impure water.

Treatment for everyday diarrhea got a big boost when loperamide became available over the counter. Most cases succumb within hours of starting treatment.

Older remedies for diarrhea usually contain kaolin (often with pectin). These drugs work, but they require large doses and may take a day to produce relief.

Important note: Don't try home treatment if your diarrhea is accompanied by severe abdominal pain or fever. These may be signs of serious illness. Also, see your doctor if the problem lasts more than two days.

Constipation is much trickier, in some respects, than any of the other symptoms discussed in this article. First of all, there's the question of what constitutes constipation. Daily regularity is neither a requirement for health nor a sign of clean living. Regular for you may be every other day, or even every third day.

Constipation is more concerned with the quality of your production than the quantity. Doctors define the problem as stools that are hard enough to be painful to pass. How you treat that problem depends on what is causing your symptom.

Most constipation is caused by poor diet. When you fail to eat enough fiber—what Grandma called roughage—your body can't efficiently rid itself of solid waste. The answer in this case is to eat more fruits, vegetables, and whole grains.

Barring that prescription, you can also try a bulk-producing laxative, which gives you fiber in a concentrated form. The most common bulking ingredient is psyllium. Regular use of bulk-producing products in the amounts recommended probably won't hurt you, and may actually help lower your cholesterol a bit.

The other common cause of constipation is stress—from work, travel, or any of a thousand sources. For the fastest relief of once-in-a-while constipation, look for a laxative with a chemical stimulant or lubricant (see list on *page 56*).

Do not use these types of laxatives on a regular basis. You may become dependent upon them. See your doctor if treatment doesn't produce relief in a week.

INDIGESTION

Many illnesses can mimic indigestion: heart attack, ulcers, appendicitis, and diverticular disease, for example.

That's why doctors get nervous when people try to treat chronic or severe indigestion themselves. Any pain that's disabling mandates a call to the doctor; the same for pain accompanied by vomiting or fever.

But for garden variety heartburn on an occasional basis, there are plenty of OK choices for relief. Most of the time, an antacid resolves the burning and sour feeling of acid indigestion (see list on *page 56*). If a bloated feeling tags along, look for a product containing simethicone.

One note of caution: If you are on a sodium restricted diet, avoid antacids with ingredient lists that include the word sodium.

SKIN IRRITATION

Itching, sunburn, and other mild skin irritations are often better prevented than treated. Avoiding poison ivy beats the pants off trying to calm the intense itching. And a sunscreen with a sun protection factor (SPF) of 15 will prevent most cases of sunburn.

But there will always be those cases where, despite your best efforts, the worst happens. Here's what to do.

Mild skin irritations and itches usually fade away with treatment by a cream containing hydrocortisone. Don't use these creams for severe irritations or over large parts of your body. Also, follow the label instructions about when to stop using the product and start seeing your doctor.

For large areas of itching, products that contain calamine may offer soothing relief. Or, try an allergy medicine containing an antihistamine.

AND ALL THE REST?

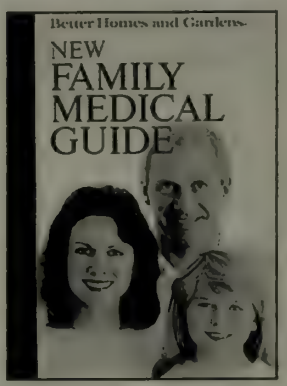
You'll find hundreds of OTC remedies for all sorts of other minor medical maladies. There are products that help you get to sleep and help you stay awake. There are pills for seasickness, creams for yeast infections, and sprays for athlete's foot.

Most of these treatments work as claimed, but all should be used with caution. Compared to more common conditions, these illnesses may not be as familiar to you. What you think is athlete's foot, for example, may be a more dangerous bacterial infection. And a "yeast" infection could easily be one of a half dozen other illnesses.

Before treating a problem that's new to you, talk to your doctor or pharmacist. Once a diagnosis is made, ask about OTC treatments. You may save money, and you might save yourself from the complications of misdiagnosing a serious disorder.

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IRRADIATED FOODS
Are they safe?



Last winter's fatalities stemming from contaminated hamburger in the Northwest heightened debate about irradiation's role in improving food safety. Proponents say food irradiation is one solution to food safety problems. Critics say it's not safe, not effective, and not well tested. To better understand irradiation, look at the answers to some common questions.

Q. *What is it?*
A. Irradiation is a process that exposes food to invisible waves of energy. Televisions, lamps, and microwave ovens all rely on radiation, although the waves differ in length and power. Irradiation uses high-energy gamma rays (like X rays).

Q. *What are the benefits of irradiation?*
A. Irradiation kills insects (in produce or spices) and pathogens (such as salmonella in seafood, meat, and poultry). This increases food safety and the storage time.

Q. *Are irradiated foods radioactive?*
A. No. Irradiation does not make food radioactive, any more than a dental X ray makes a person radioactive. The waves disappear when the energy source is turned off.

Q. *Can any food be irradiated?*
A. The Food and Drug Administration (FDA) must approve which foods can undergo irradiation. Any food may receive a low dose to control insects, delay ripening, or inhibit sprouting. Grains, fruits, vegetables, and seasonings are examples of foods that may receive low doses for any of these reasons. The irradiation of pork, poultry, spices, herbs, and other seasonings for the purpose of reducing microorganisms has also been approved. The FDA also sets dose levels, which irradiation facilities must follow. These doses are set low enough to preserve flavor and nutritive value, yet high enough to control insects or kill harmful organisms.

Q. *What irradiated foods are now available?*
A. FDA approval doesn't automatically mean you'll find irradiated foods in your supermarket. At present, only strawberries, onions, tomatoes, citrus fruits, seasonings, and mushrooms are sold in limited areas in the United States. The future availability of irradiated foods will depend upon consumer acceptance.

Q. *Has testing shown irradiation to be safe?*
A. Results of testing thus far indicate minimal or no risk. The U.S. Army has served irradiated food to military personnel and astronauts, with no immediately apparent ill health effects. China and other countries have conducted extensive testing with people. In the United States, most testing has involved feeding irradiated foods to laboratory animals. However, because people may respond differently than animals, opponents of irradiation question this system of testing. They are also concerned that certain compounds in irradiated foods are not tested in high enough concentrations. George Pauli, Ph.D., FDA's food irradiation safety coordinator, says that although people may react differently than animals, animal studies give more precise results and better measure long-term effects. He says the quantities tested are greater than people would be likely to eat.

continued on page 60

For A Big, Crunchy Taste You've Got To Have Ripples.





Introducing Ripple Crisp. If it doesn't have ripples it's just another flake. Ripples are what give new Ripple Crisp™ cereal its big, crunchy taste. One try and you'll never look at flakes the same way again.

Try Golden Corn and Honey Bran.

GOOD FOOD/GOOD HEALTH

continued from page 58

Q. ***I've heard that irradiation causes unhealthy compounds to form in food. Is that true?***

A. A number of chemicals called radiolytic products are formed during irradiation. According to Dr. Pauli, "We haven't found irradiation to form products that are of any more concern than compounds in nonirradiated foods."A majority of scientists, consider irradiation to be safe, including members of The American Medical Association, the World Health Organization, and other health groups. Other scientists remain convinced that radiolytic products raise a significant cause for concern.

Q. ***What other safety questions are linked to food irradiation?***

A. Besides killing harmful bacteria, irradiation sometimes destroys harmless organisms, such as those that cause the aroma of spoiled food.



Irradiated foods must show this symbol, with the words *Treated by irradiation* or *Treated with radiation.*

Opponents are concerned that you could eat unsafe food, without your nose telling you it's bad. Yet, Christine M. Bruhn, Ph.D., Consumer Food Marketing Specialist at the University of California, says, "Harmful organisms can be present in any food without a telltale odor, but FDA dose levels ensure that irradiated foods will have a spoiled odor before botulism is a danger."

Q. ***Does irradiated food cost mor***

A. So far, the cost of irradiat foods is slightly higher than for non radiated foods because the proce requires expensive equipment. Y when you weigh the value of exten ed storage time and reduced risk foodborne illness against money lo by discarding spoiled food, irradiati may be an economical choice.

Q. ***How do I know if a food has been irradiated?***

A. You cannot tell that a food h been irradiated by looking at it, you must look for special labelin Federal law requires that irradiate food be clearly identified with th international irradiation symbol (*so above left*), a radura with the wor "Treated by irradiation" or "Treate with radiation." The labeling la applies only to foods sold in stores. irradiated ingredients are used i processed foods or in dishes on restaurant menu, the law does n apply. For example, if irradiate strawberries are used in jam or



strawberry cheesecake, the package would not have to be labeled. This concerns people who want to know if they're eating irradiated foods.

Q. *Will I notice a different flavor?*
A. Irradiation doses in the United States are set low enough that any changes in flavor would be slight or nonexistent for most people.

Q. *Does nutritive value change?*
A. Radiation decreases vitamins A, B, C, and E, as do the processes of freezing, thawing, cooking, and storing. The extent of the loss can vary, depending on the radiation dose and the vitamin. The FDA sets dose levels as low as possible in an effort to preserve nutritive value.

Q. *Who may benefit most from food irradiation?*
A. As the hamburger contamination incident demonstrated, infants, young children, and people over 50 are especially sensitive to bacteria in food; AIDs and cancer patients are too. Irradiated foods may offer these individuals some protection against foodborne illnesses. In underdeveloped countries where famine or food spoilage is a problem, food irradiation may make foods more available and safer to eat.

Q. *Are there other ways to make food safe?*
A. From food producer to dinner plate, there are many ways to increase shelf life and decrease the risk of contamination—the two key benefits of irradiation. Among them: using chemical fumigants on spices and produce, treating meats with a bacteria-inhibiting solution, using aseptic packaging, and handling, storing, and cooking foods properly in restaurants and at home.

Nearly all experts agree on one point: Irradiation is not a replacement for other safe food practices. Instead, it's just one link in the chain of food safety. Sanitary handling is still essential, right up to the moment food is on your fork.

IRRADIATION BENEFITS

- **prolongs shelf life of food**
- **controls pathogens that cause foodborne illness**
- **kills or sterilizes insects**
- **inhibits ripening, fungus, sprouting, and mold**
- **replaces some chemicals used in food processing**

IRRADIATION DRAWBACKS

- **causes chemical changes in food**
- **does not kill all organisms**
- **decreases nutritional value (as do other processing methods)**
- **does not protect against recontamination**
- **creates potential for industrial accidents (although safeguards are designed to prevent this)**

—Cynthia Van Hazinga, a New York-based writer, specializes in issues relating to food irradiation and biotechnology.



FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP

BY GARY LEGWOLD



Backcountry Basics

Preparing for fun in the wilderness

Ah, wilderness! Its lures are beauty and simplicity—getting away from it all with just what you can carry. But doing that responsibly takes planning. To help you prepare for a day trip or an overnighter, Howard Backer, M.D., has a few safety tips.

• Train for your activity. For canoeing, for example, use a rower. For climbing, use a stair climber.

• Gear up. Get everything you need to be safe and comfortable, and know how to use it. "Even for a day trip, assume the worst—getting lost, bad weather, whatever—and pack enough for a longer, tougher outing," says Backer, president of the Wilderness Medical Society in Indianapolis.

• Bone up. Carry a map (a topographical version if possible) and study it beforehand. Learn how to use a compass. Read about the area. Ask advice from park rangers.

• Carry a whistle and a flashlight. When hurt or lost, you can blow a whistle long after your voice gives out. The universal distress signal is repeated groups of three blasts. A flashlight may help you find the trail or set up camp after dark.

• Think warmth and water. Carry a hat, gloves, a rain shell, and as much water as you can. Dehydration, heat or cold, and changes in altitude can cause you to make bad decisions that can lead to trouble, says Backer.

• Leave word. Let family or a ranger know your itinerary.

• Take a first aid kit, and know how to use it. Basics include analgesics, dressings, antibiotic ointments, pads for blisters, and tweezers.

• Don't count on a helicopter and cellular phone. They can be lifesavers, but choppers shouldn't fly in bad weather, and are limited in hot temperatures and at high altitudes. Phone communication can be interrupted by mountains and canyons.

Athlete's Foot

Give 'em some air

A bad case of athlete's foot can foul up your fitness program fast. The fungus usually breeds between your four and little toes and leads to unpleasant itching and burning.

What to do when it strikes? Bathe and dry feet well, apply antifungal medications, and wear dry cotton socks and "breathable" (fabric-sided) shoes; fungi thrive in warm, dark, moist areas.

For tips on fighting fungi, order a free brochure, "Your Best Foot Forward." *Write: Mycelex OTC, c/o Ruder Finn Inc., 444 N. Michigan Ave., Suite 1600, Chicago, IL 60611*

continued on page 6

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FITNESS MATTERS

continued from page 62

Easy Exercise Is OK

Walk away from the sedentary life

Christine Wells, Ph.D., wants to take the work out of workout. Why? Because most of us remain sedentary, thinking exercise has to be hard to be good.

"I'm saying just get out and enjoy exercise," says Wells, professor of exercise science and physical education at Arizona State University. "Don't worry about fitness. Walk—it's worthwhile—and maybe down the road you'll get into fitness."

Walking one hour burns about 300 calories—more if you're heavy, walk fast, or traverse hills.

But don't walk so fast you can't walk long. There are fat-burning benefits in the long haul. You use more glucose (a form of sugar) and less fat in the first 20 minutes and more fat and less glucose after that.

Calcium and Exercise

You need both for strong bones

Diane Raab, Ph.D., has a bone to pick with women worried about osteoporosis. Calcium is fine, she says, but calcium alone is not enough to prevent bone loss. You need exercise too.

Contracting muscles stimulate the bone-building process by pulling, and bones react. Generally, the stronger the pull, the stronger the bone. "A bone is not a rock," says Raab, assistant professor of medicine at Creighton University. "It is constantly growing and changing."

Adequate supplies of calcium are still necessary. Exercise without calcium may keep exercised bones strong, Raab says, but nonexercised bones such as the ribs lose calcium, weaken, and fracture more easily.

Exercise at least three times a week for 20 minutes, says Raab. Activity should be weight-bearing (walking or jogging instead of swimming or bicycling), and varied to stimulate bones all over the body.

No Running On Empty

Eating and exercise during pregnancy

Pregnant women in their last trimester should snack 30 minutes before exercising, says Jane Hess, D.O.

In late pregnancy, fetal growth crowds the digestive tract, preventing you from eating large amounts in one sitting. You are forced to eat several small meals in order to keep glucose supplies to the fetus at a constant level.

If you don't eat before exercise, the workout could cau blood sugar levels to drop drastically. Usually, a light, hig energy snack such as an apple or piece of toast is sufficien

Hurry-Up Healing

Use a blow-dryer on abrasions

Using a blow-dryer can help speed the healing time blisters, burns, and abrasions—injuries common to mar exercisers and athletes.

That's not just hot air. Michael R. Papciak, M.D., a Atlanta pediatrician, finds that using a blow-dryer at a co setting can shorten the normal seven- to 10-day healing tim by a few days. "It's not a miracle cure, but the wound seem to heal more quickly," says Papciak.

To try the technique yourself, first deep-clean the woun with soap and water. Then blow-dry the area for 10 to 1 minutes. Apply an antibiotic ointment and dressing, an repeat the process once or twice a day.

"It's not a miracle cure, but the wound seems to heal mo quickly," says Papciak. "Since bacteria grow best when the is excessive moisture and infection slows healing, the woun can heal more quickly with more air exposure."

Child's Play

Fun-and-fitness centers for kids

Fitness centers designed for children are springing up a over. "It's a place where—whappo!—kids get their coat and shoes off and have fun," says Chuck Gelman, wit Discovery Zone Inc., a national chain with more than 7 centers in 27 states.

While the centers are designed for children, others ca enjoy them too. "Parents can play for free as long as the are accompanied by a child," says Kathy Hartman of Leap & Bounds, another national chain with centers in Chicago Cincinnati, Columbus, Milwaukee, Indianapolis, Kansa City, Louisville, Atlanta, Dallas, and Houston.

At both Discovery Zone and Leaps & Bounds centers adults are required to stay on the premises while children ar playing. Parents can relearn from their kids how to play imag inatively or watch and relax from quiet observing rooms.

The centers are large, usually 10,000 to 15,000 square feet Children ages 2 to 12 pay about $5 to $6 to romp and stomp and climb and wriggle in indoor play zones full of tunnels towers, trapezes, tubes, mazes, ropes, slides, and ball pools.

For information on centers near you, call Leaps & Bounds 800/282-4FUN; or Discovery Zone, 312/616-3800.

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Symptoms

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Seasonal

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- Low occurrence of side effects. Side effects occurred about as often as they did with placebo (sugar pills). Most common were headache, occurring with 12% of people; drowsiness, 8%; fatigue, 4%; and dry mouth, 3%.
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Please write legibly.

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Phone:

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10 mg (lora[illegible])

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BRIEF SUMMARY
(For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE
CLARITIN Tablets are indicated for the relief of nasal and non-nasal symptoms of seasonal al[illegible]

CONTRAINDICATIONS
CLARITIN Tablets are contraindicated in patients who are hypersensitive to this medication or to a[illegible]

PRECAUTIONS
General: Patients with liver impairment should be given a lower initial dose (10 mg every o[illegible] have reduced clearance of CLARITIN Tablets.

Drug Interactions: Drugs known to inhibit hepatic metabolism should be coadministered with[illegible] interaction studies can be completed. The number of subjects who concomitantly received ketoconazole, cimetidine, ranitidine, or theophylline along with CLARITIN Tablets in contro[illegible] small to rule out possible drug-drug interactions. There does not appear to be an increase in[illegible] jects who received oral contraceptives and CLARITIN Tablets compared to placebo.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In an 18-month oncogenicity stu[illegible] study in rats, loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 m[illegible] cinogenicity studies, pharmacokinetic assessments were carried out to determine animal-exp[illegible] data demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (lora[illegible] metabolite) times higher than a human given 10 mg/day. Exposure of rats given 25 mg/[illegible] (loratadine) and 67 (active metabolite) times higher than a human given 10 mg/day. Male mice[illegible] significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) trols. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas observed in males given 10 mg/kg and males and females given 25 mg/kg. The clinical signif[illegible] during long-term use of CLARITIN Tablets is not known.

In mutagenicity studies, there was no evidence of mutagenic potential in reverse (AMES) [illegible] tion (CHO-HGPRT) assays, or in the assay for DNA damage (Rat Primary Hepatocyte Unsche[illegible] two assays for chromosomal aberrations (Human Peripheral Blood Lymphocyte Clastogenesis Bone Marrow Erythrocyte Micronucleus Assay). In the Mouse Lymphoma Assay, a positive fi[illegible] non-activated but not the activated phase of the study.

Loratadine administration produced hepatic microsomal enzyme induction[illegible] 40 mg/kg and rat at 25 mg/kg, but not at lower doses.

Decreased fertility in male rats, shown by lower female conception rates, occurred at appro[illegible] was reversible with cessation of dosing. Loratadine had no effect on male or female fertility or [illegible] at doses of approximately 24 mg/kg.

Pregnancy Category B: There was no evidence of animal teratogenicity in studies performed in r[illegible] are, however, no adequate and well-controlled studies in pregnant women. Because animal repro[illegible] always predictive of human response, CLARITIN Tablets should be used during pregnancy only if c[illegible]

Nursing Mothers: Loratadine and its metabolite, descarboethoxyloratadine, pass easily into br[illegible] concentrations that are equivalent to plasma levels with an AUC_{milk}/AUC_{plasma} ratio of 1.17 and [illegible] active metabolite, respectively. Following a single oral dose of 40 mg, a small amount of lora[illegible] was excreted into the breast milk (approximately 0.03% of 40 mg over 48 hours). A decisi[illegible] whether to discontinue nursing or to discontinue the drug, taking into account the importan[illegible] mother. Caution should be exercised when CLARITIN Tablets are administered to a nursing wom[illegible]

Pediatric Use: Safety and effectiveness in children below the age of 12 years have not been estab[illegible]

ADVERSE REACTIONS
Approximately 90,000 patients received CLARITIN Tablets 10 mg once daily in controlled and [illegible] Placebo-controlled clinical trials at the recommended dose of 10 mg once a day varied from 2 week[illegible] tion. The rate of premature withdrawal from these trials was approximately 2% in both the treated and[illegible]

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF MORE T[illegible]
PLACEBO-CONTROLLED ALLERGIC RHINITIS CLINICAL TRIALS

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n = 1926	PLACEBO n = 2545	CLEMASTINE 1 mg BID n = 536	TE[illegible]
Headache	12	11	8	
Somnolence	8	6	22	
Fatigue	4	3	10	
Dry Mouth	3	2	4	

Adverse event rates did not appear to differ significantly based on age, sex, or race, alth[illegible] non-white subjects was relatively small.

In addition to those adverse events reported above, the following adverse events have bee[illegible] fewer patients.

Autonomic Nervous System Altered salivation, increased sweating, altered lacrimation, hypo[illegible] thirst, flushing.

Body As A Whole Conjunctivitis, blurred vision, earache, eye pain, tinnitus, asthenia, weight[illegible] cramps, malaise, chest pain, rigors, fever, aggravated allergy, upper respiratory infection, angione[illegible]

Cardiovascular System Hypotension, hypertension, palpitations, syncope, tachycardia

Central and Peripheral Nervous System Hyperkinesia, blepharospasm, paresthesia, dizziness, mi[illegible] tigo, dysphonia.

Gastrointestinal System Abdominal distress, nausea, vomiting, flatulence, gastritis, constipat[illegible] taste, increased appetite, anorexia, dyspepsia, stomatitis, toothache.

Musculoskeletal System Arthralgia, myalgia.

Psychiatric Anxiety, depression, agitation, insomnia, paroniria, amnesia, impaired concent[illegible] decreased libido, nervousness.

Reproductive System Breast pain, menorrhagia, dysmenorrhea, vaginitis.

Respiratory System Nasal dryness, epistaxis, pharyngitis, dyspnea, nasal congestion, coughing[illegible] sis, sinusitis, sneezing, bronchospasm, bronchitis, laryngitis.

Skin and Appendages Dermatitis, dry hair, dry skin, urticaria, rash, pruritus, photosensitivity reac[illegible]

Urinary System Urinary discoloration, altered micturition.

In addition, the following spontaneous adverse events have been reported rarely during the [illegible] dine: peripheral edema; abnormal hepatic function including jaundice, hepatitis, and hepatic [illegible] seizures; breast enlargement; erythema multiforme.

OVERDOSAGE
Somnolence, tachycardia, and headache have been reported with overdoses grea[illegible] (40 to 180 mg). In the event of overdosage, general symptomatic and supportive measures sh[illegible] promptly and maintained for as long as necessary.

Treatment of overdosage would reasonably consist of emesis (ipecac syrup) except in patie[illegible] consciousness, followed by the administration of activated charcoal to absorb any remaining d[illegible] unsuccessful, or contraindicated, gastric lavage should be performed with normal saline. Saline [illegible] be of value for rapid dilution of bowel contents. Loratadine is not eliminated by hemodialysis. It is [illegible] dine is eliminated by peritoneal dialysis.

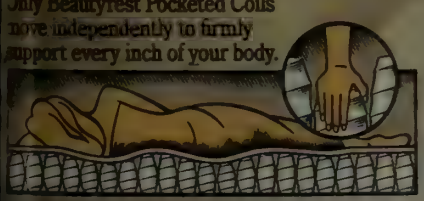
Oral LD_{50} values for loratadine were greater than 5000 mg/kg in rats and mice. Doses as high as [illegible] ommended clinical doses showed no effects in rats, mice and monkeys.

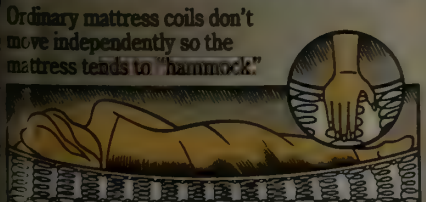
Schering Corporation
Kenilworth NJ 07033 USA

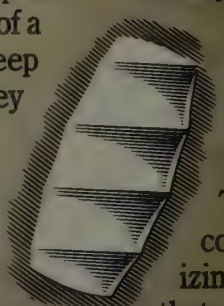
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building SMART

where to save ➤ where to splurge

Building or remodeling a home is like buying a wardrobe; for maximum comfort, style, and durability, you need to do some legwork and decide where to scrimp and where to splurge. To provide examples, we asked *Hometime*, the public TV series on building and remodeling, to help us build a new tract house in suburban Minneapolis. The insights and tips we picked up can save you time and money on your next building or remodeling project.

BY WILLIAM L. NOLAN

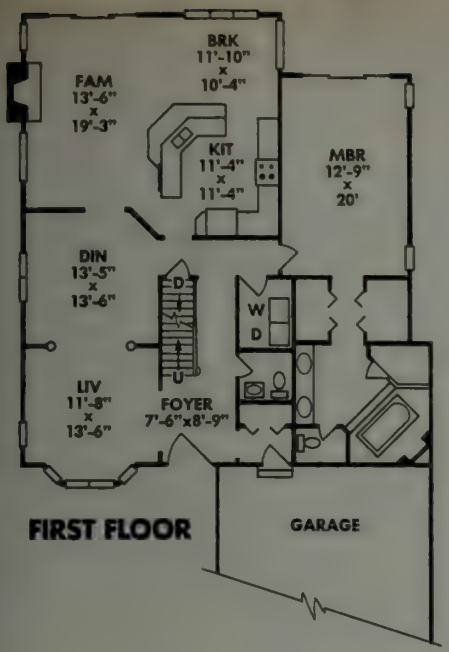


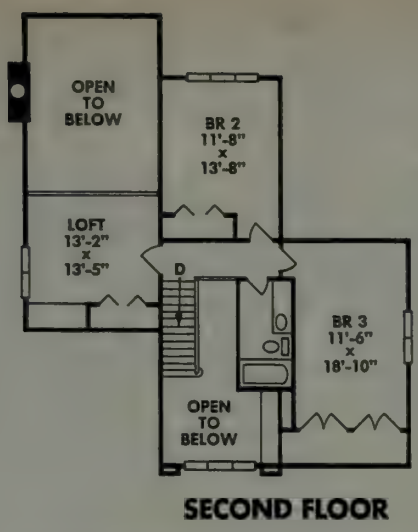


start with a *livable*, eye-pleasing plan



Tall windows and two sets of sliding glass doors open up the house to the rear deck and lend architectural interest to the home's simple outlines.





The plan had what we wanted: main-floor master suite, open-plan kitchen, formal dining room, attached garage.

In most parts of the country, a brand-new house for a family of four costs about $200,000. With that limit in mind, we looked for a plan that fits an average-size lot and meets the needs of today's new-home buyers.

Order it from a catalog?

Basically, there are three ways to get a home plan design: 1) hire an architect to do a custom design, 2) create your own design, or 3) order a stock plan from a catalog. For a house costing $200,000 or less, many architects and builders recommend that you buy a stock plan rather than create a new plan from scratch. You usually can customize a stock plan (stock plans cost approximately $500 for a set of 6 copies) by having the builder redline it (pencil in modest changes). The builder may charge extra for changes, but you'd pay 8 to 10 percent of the cost of the house for an architect's one-of-a-kind design.

Think smart about style

Eye-catching designs abound, but not all are smart choices. Some are more cost-effective because they rely on good proportions and clean lines to make a style statement. Steer clear of designs that eat up your budget with complicated roof systems, fussy tack-on glamour, and labor-intensive detailing. Also, pick a look that fits well with the neighborhood where you're building; that way it will be more marketable if you decide to sell later on.

After thumbing through several plan catalogs, we found a plan we liked right here at home—in a recent issue of *Better Homes and Gardens*® magazine! The design we chose is easy to build with stock materials and looks at home in most neighborhoods.

WHERE WE SAVED

- **Stock plans: $880, versus design fee for a custom house: about $10,000.**
- **Vinyl siding: $200 per square, versus $350 for solid wood.**
- **Fiberglass roofing: $100 per square (installed), versus $200–$450 for wood shakes.**

WHERE WE SPLURGED

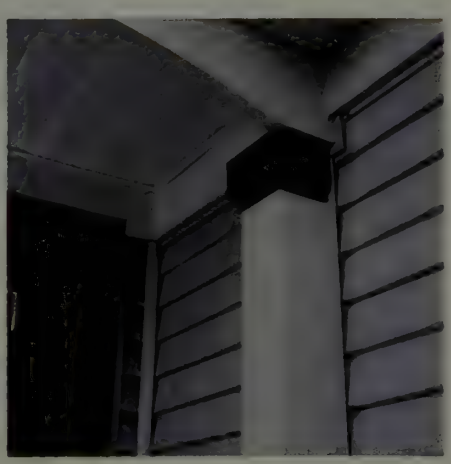
- **Zoned heating and cooling: $2,000 extra, but cuts utility bills by 30 percent.**
- **Premium-grade windows and French doors: $24,000, compared with $9,000 for builder-grade.**



Using arched trim instead of an arched window on the rear dormer saved $3,000. Additional trim ties the window and the arch into the gable.



The vinyl siding includes handsome trims that replicate the look of hand-crafted carpentry—without the high cost of a carpenter's labor.



Splashes of color add pizzazz to the entry door and porch columns—no need for fancy carving and fluting or complicated cornices.


➢ add simple style,
dramatic stretch

Rooms in a medium-size house (ours totals 2,257 square feet) normally don't need elaborate embellishments in order to look inviting. In this house, handsomely proportioned, artfully grouped windows and window walls provide a key design feature inside as well as outside. On the street side, a large bay showcases the front windows in the living room. (A bay costs more than a flat wall, but doesn't increase the foundation costs.)

Let interior space flow up and out

Other ways to gain visual impact without adding square footage include wide arches and vaulted ceilings. The arches merge the main rooms, setting up dramatic interior vistas that begin at the front door and flow all the way to the rear deck. Twin columns between the living and dining rooms add a touch of classic formality. The vaulted ceilings lend vertical stretch where it's needed most: the living room, family room, and master suite.

Look for hidden space

The plan you picked may harbor extra cubic footage that can be turned into living space without adding much to the total cost. In our plan, for example, dead space in the attic above the garage yielded enough room for a third bedroom upstairs. The cost for finishing this area: $20 per square foot, versus $47 per square foot if we had enlarged the plan to add the same space at ground level.

Pick space-stretching colors

To amplify the home's clean, airy simplicity, interior designer Dawn Thorpe tinted most of the walls with pale neutral hues and highlighted the trim with off-white semigloss. She then set everything off with softly patterned draperies and valances. Against this low-key background she grouped country-themed furnishings from Broyhill, accessories from Pier 1, and heirloom accents from local antiques shops.

WHERE WE SAVED

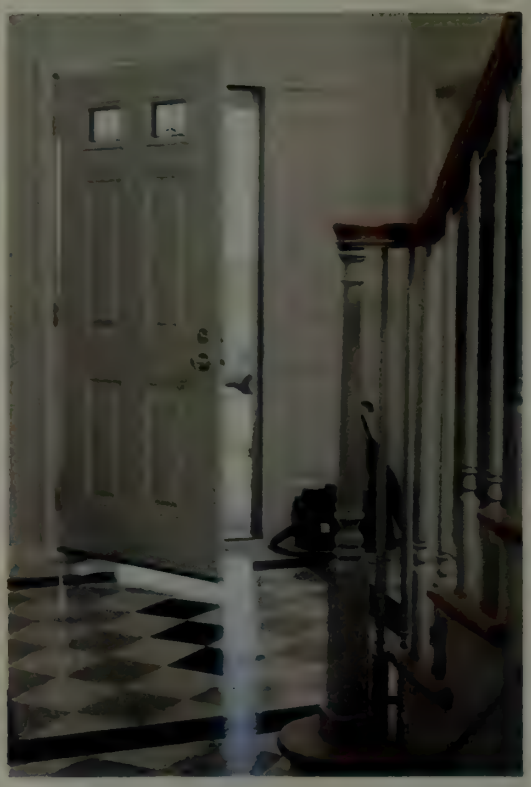
- **Open plan: dramatic interior vistas versus fancy detailing.**
- **Mail-order banister: $600, versus $1,200 for built-from-scratch banister.**
- **Prefab fireplace: $3,700, versus $5,400 for custom-built masonry unit.**

WHERE WE SPLURGED

- **Vaulted ceilings in the living room, family room, and master bedroom: $2,300 above standard base price for framing, drywall, and finishing.**
- **Four-window bay in living room: $1,900, versus $900 for a three-window flat wall.**
- **Prefab columns (nonstructural): $700.**



A four-window bay and a vaulted ceiling add stretch in the living room without boosting foundation costs. Soft colors, airy tables, and simple window treatments amplify the openness.



Twin columns play up the dining room's elegant formality. Wide arches on both sides of the room ease traffic jams near the table and scoop in views front and back.

Traditional styling in the raised-panel front door and in the mail-order stair banister warm up the welcome in the foyer. A custom-designed vinyl tile "rug" provides lively counterpoint.

> mix dollar-stretching finishes with savvy splurges



Vinyl tile flooring in the family room forms a sawtooth border around the area rug. The TV hides under the bar.

Another key element of Thorpe's interior design scheme is the eye-catching floor patterns in the foyer, family room, breakfast room, and kitchen. She designed the floors herself using color-coordinated vinyl tiles, creating "area rugs" in the foyer and the kitchen and an inlaid border for the real area rug in the family room. The vinyl tile flooring cost less per square foot than hardwood or ceramic tile (you can save even more by installing it yourself).

Other budget-saving finishes in this part of the house include laminate countertops in the kitchen and a mail-order mantel for the fireplace. We chose stock cabinets that are similar in quality to moderately priced custom-built units (cost: $6,700); this didn't trim our basic kitchen budget, but it allowed us to upgrade the storage system without having to splurge.

Spend your mad money smartly

To offset the store-bought look, we splurged on a direct-vent, gas-log fireplace (pricier than standard prefab units but much cheaper than masonry). We dressed up the drywalled fireplace chase by adding a mail-order mantel and lining the mantel with inexpensive ceramic tile. In the kitchen, we cut corners by installing a free-standing, standard-depth refrigerator, which we gave a flush-front look by recessing it a few inches into the wall and covering one side with panels that match the kitchen cabinets. Also, we chose vinyl tile for the floor and laminate for the countertops but splurged on custom edgings and a high-quality double sink and single-lever faucet. For items like the sink and faucet, which get heavy use every day, extra durability and convenience will net a big payback in the long run.

WHERE WE SAVED

- **Vinyl tile floor: $5 per sq. ft. (installed), versus $9 for hardwood and $12 for ceramic tile.**
- **Laminate countertops: $12 per lineal foot, versus $48 for ceramic tile, $85 for solid surface, $100 for polished stone.**

WHERE WE SPLURGED

- **Beveled countertop edge: $100 more than square edge.**
- **Self-rimming porcelain sink, single-lever faucet with pull-out spray: $650, versus $150 for budget-priced sink and standard two-handle faucet.**



High-rise views into the family room expand the kitchen and lighten KP duty at the sink. Arched glass doors on the stock cabinets echo the arched dormer window out front.



Beveled and angled corners—inexpensive flourishes you can order as stock options when picking out your laminate—form dressy accent stripes on the kitchen work surfaces.



A slight jog in the wall lets the standard-depth refrigerator fit flush with the base cabinets. A serving bar hides countertop clutter on the peninsula and harbors an angled niche for the TV.



Staggered gables, a bay window, and a columned entry porch add neighborly character to our stock-plan tract house.

Making room for style and luxury on a tight budget became especially challenging in the master suite. It's easy to justify a few splurges here—luxurious master suites are almost standard features in new houses today—but we still had to stay within budget for the project. Adding to the challenge was the fact that all the spaces in the master suite were plain, boxlike, and modest in size.

Play all the angles

As in other parts of the house, smart shopping and clever design saved the day. One way we economized was to pick the same neutral-color, builder-grade carpet for the bedroom as for the living and dining rooms, netting a quantity-purchase discount. Another way was to pop in a bit of architectural interest on the cheap. For instance, we vaulted the ceiling (surefire drama for a few extra bucks) and positioned the vault symmetrically over the bed like a canopy. In the bathroom, we mounted the tub on a pedestal and angled it between the shower and toilet compartments, creating an inviting alcove.

Go for faux

For the bathroom floor, we passed up real marble in favor of a ceramic tile look-alike, and paired it with standard 6×6 glazed tile on the walls. To generate some extra "architecture," we filled one corner of the tub alcove with a tall niche, a great spot to show off fancy towels. Making do with smart maneuvers like these left room in the budget for strategic splurges: a spa tub, a separate shower stall, a mosaic tile border, and designer faucets.

A little here, a little there

Not all our savings were spectacular, but even small items add up in a project this big. For example, we pocketed $125 by buying a prefab mantel instead of building one from scratch, and $1,800 by substituting a standard 30-inch-deep refrigerator for a 24-inch-deep unit. Even our splurges will pay off eventually. For instance: high-quality foam-core entry doors offer six times more insulation value than wood panel doors, low-E glazing in the windows will minimize fading of rugs and drapes, and extra insulation in the walls and ceilings will slash heating and cooling costs.

For buying information, see page 96.

WHERE WE SAVED

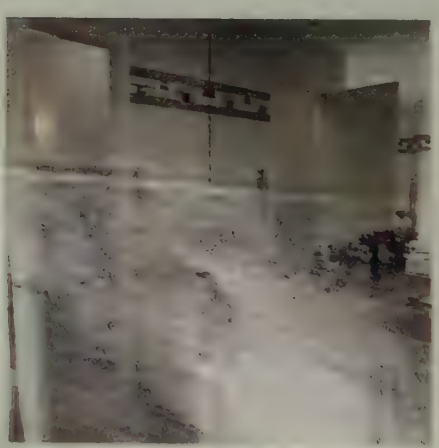
- **12×12 common-stock ceramic wall tiles dressed up with a mosaic tile border (versus full-wall mosaics); 12×12 marble-look-alike floor tiles: $9 per sq. ft., compared to $20 for genuine marble tiles.**
- **Paint-grade pine interior panel doors (cost per door, painted): $340, versus $510 for finished oak panel doors.**

WHERE WE SPLURGED

- **Fiberglass spa tub: $1,200, versus $200 for conventional enameled cast-iron tub.**
- **Separate shower: $1,500, versus $350 for a tub shower.**
- **Designer faucets and fittings: $775, versus $115 for builder-grade versions.**
- **Water-saving toilet (1.5 gallons per flush): $600, versus $100 for conventional toilet.**

TIPS ON TAPE, TOO

For videotapes of this project (set of 2 for $19.95 plus $3.00 shipping and handling), call 800/227-4888, or write Hometime Customer Service, 4275 Norex Dr., Chaska, MN 55318.



Cutting corners elsewhere yielded mad money for designer faucets and a low-flow toilet in the master bath.



Stock decorator panels hide access hatches under the tub in the master bath. A niche beyond holds towels.



Partial vaulting of the ceiling in the master bedroom creates a canopy effect over the bed.



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BY DENISE L. CARINGER AND SANDRA S. SORIA

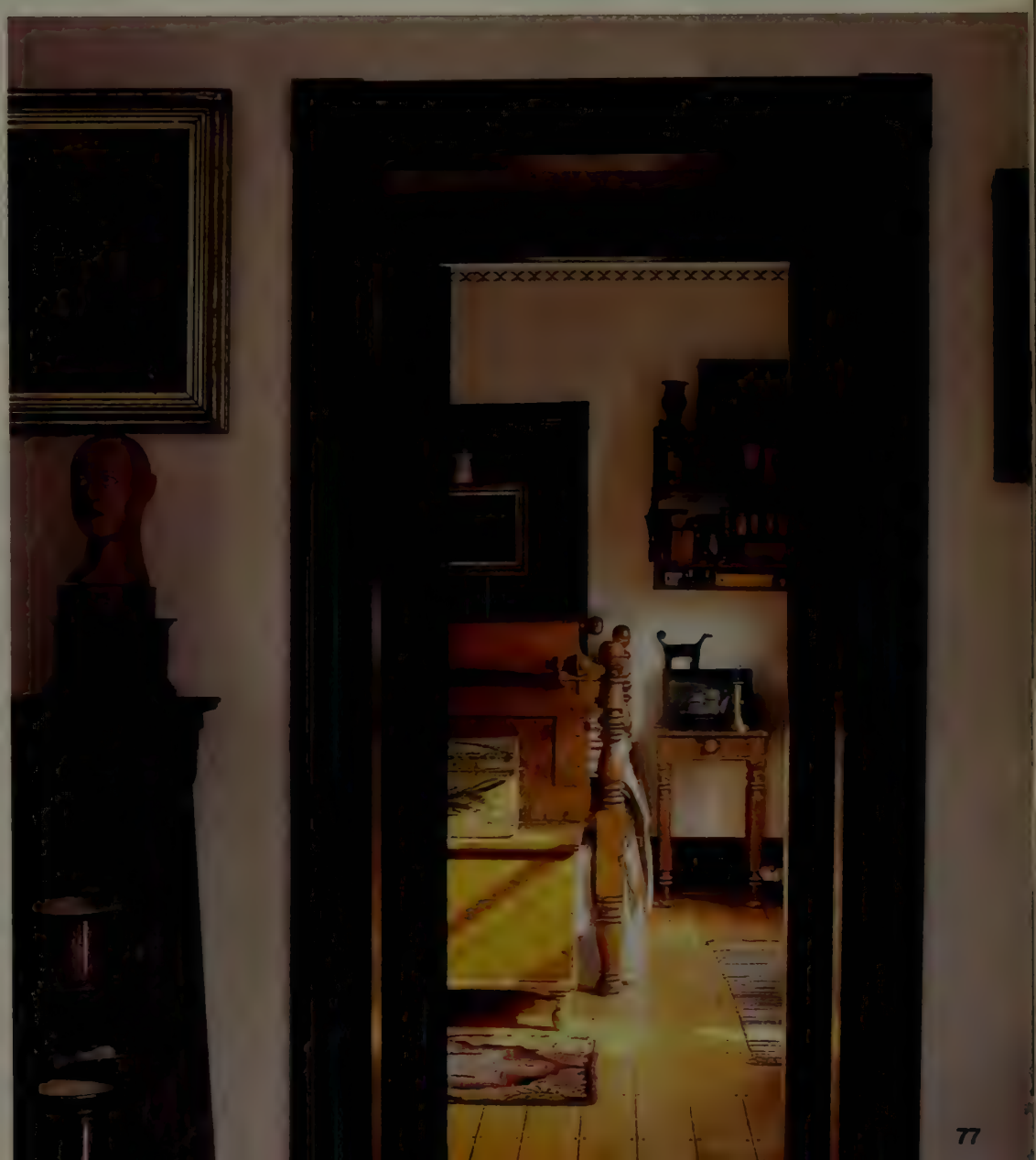
feel-*good* rooms

50 ways to make your home say *I love you*

bedroom that beckons

1. Improve the view. Little things can make your home more enticing. Here, richly painted moldings frame a sunny bedroom, turning a mere doorway into a scenic viewpoint.

2. Let it glow. Polished up and staged in a clutter-free setting, gleaming natural woods catch the light and reflect it warmly.



friendly gathering

3. Line the walls. Add a rafter-hugging shelf to lower the roof for coziness and to gain a place to perch room-warming books and collectibles.

4. Fluff it. Fat pillows, and a lot of them, turn prim sofas into welcoming oases. The fringe benefits? Oversize trims lend even more softness.

5. Mix it up. Matched furniture offers all the personality of a hotel room. Instead, wed different styles with color and fabric for "evolved" rooms that look lived in and loved.

6. Have fun. Just a few lighthearted touches help a room to welcome with open charms. A phony column and urn add some color and coax a smile.





PHOTOGRAPH: KING AU

hutch with hearth appeal

11. Light some fire. Rooms need a focal point to draw the eye and anchor furniture groupings. No fireplace or killer view? Highlight a special piece of furniture with sparkling candles and collectibles.

12. Learn mass appeal. Don't let scattered collectibles get lost in a crowded room. Group them for more impact on shelves, a wall, or a tabletop.

PHOTOGRAPHS (BELOW AND OPPOSITE): JESSIE WALKER ASSOCIATES. DESIGN: JANE HOPPER

soft-touch style

7. Mellow out. As rich and textural as aged parchment, a new wall covering gives flat walls depth and warmth.

8. Create golden pools of light. Cozy up a room with the flick of a switch by adding light sources. Don't stop at lamps; add more sparkle with track and recessed lighting, even picture lights and uplights.

9. Invite in daylight. Translucent sheers and shades filter light to a soft, romantic glow—and block a dull view while they're at it.

10. Parade your personality. Collections tell who you are, so let them speak up for personal style. These miniatures gain stature on mirror-backed shelves.





PHOTOGRAPH: JUDITH WATTS

the livin' (room) is easy

15. Settle back. Forget what Mother said—slouch a little. The classic shape of this flex-arm sofa proves tradition isn't dead, but sit-up-straight formality *is.*

16. Lower your sights. Get comfy with intimate gatherings of low-slung artwork and books.

17. Set a table. If it's dear to your heart, keep it within reach—and within sight—on a display table snugged behind a sofa.

18. Check it out. Unpretentious fabrics, such as these friendly buffalo checks, take the edge off formality and say, "Relax."

19. Draw boundaries. A stack of worn wooden chests and a comfy black armchair snugly encircle this sitting spot.

feel-*good* rooms

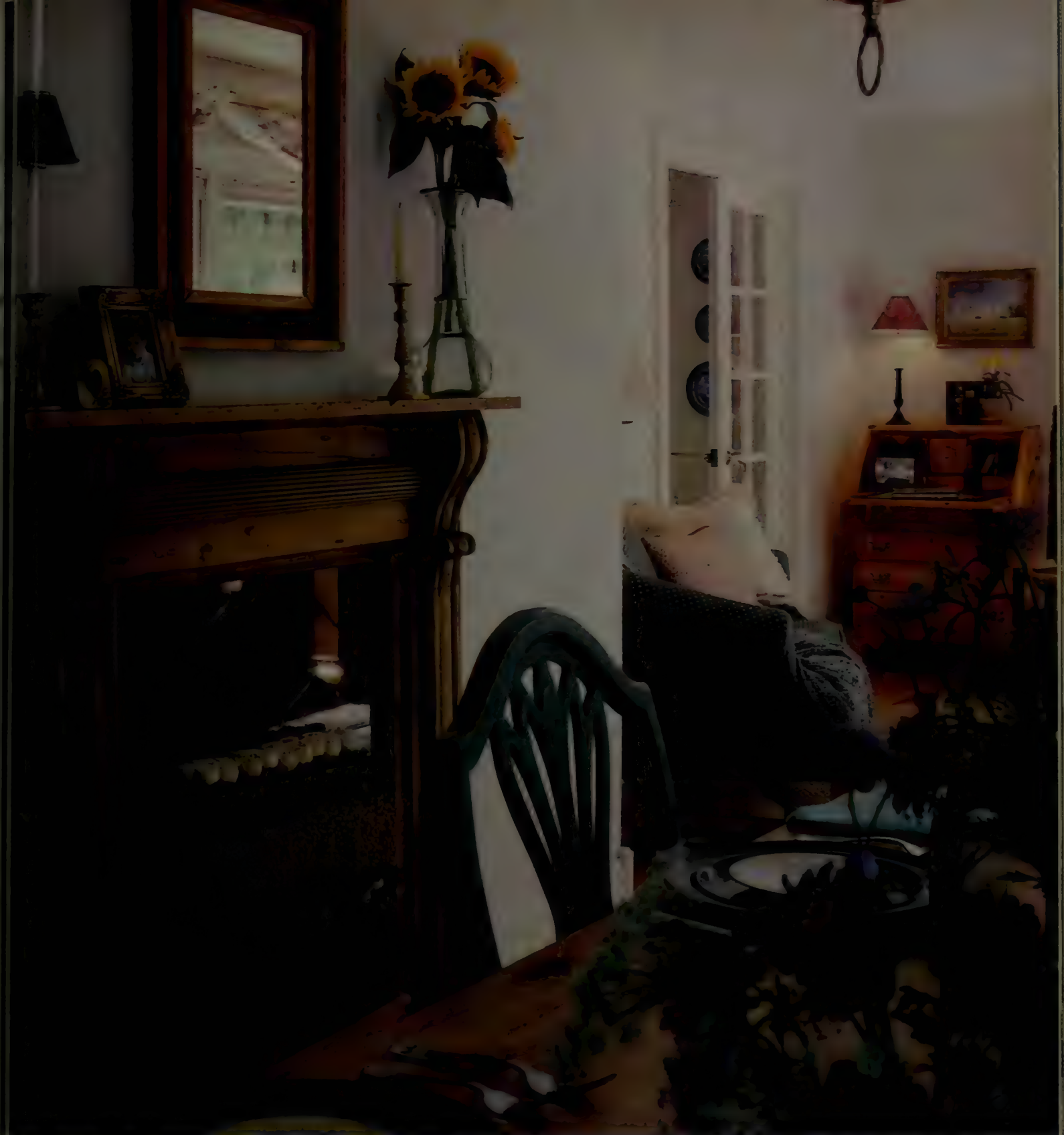
delightful display

13. Pick good bones. A gutsy table can be the start of something great. For a happy ending, layer on a few of your favorite things.

14. Fill in the blanks. Let a leggy table frame an artful gathering of large photos or baskets.

PHOTOGRAPH: CRAIG ANDERSON





PHOTOGRAPH: WILLIAM STITES. REGIONAL EDITOR: ESTELLE GURALNICK

modern romance makes a great room

20. Fire up your imagination. Who needs the real thing? This vintage fireplace surround casts its own warm glow no matter what the season.

21. Revise the classics. Showcase timeless American furniture pieces against easygoing, pattern-free walls to create rooms that are light and airy—yet warm and traditional.

22. Forget matching. Furnishings made from woods of various finishes—painted, stained, and aged by time—are mixed blessings that enrich any room.

light dining

23. Dare to be spare. Hey, it's a zoo out there, so why come home to more busy-ness? Slow down and savor dinner in a calm, pared-down room like this.

24. Lighten your outlook. Reach out and touch some sun with new patio doors or windows, then catch a few extra rays with a coat of glowing yellow paint.

25. Triple your pleasure. Good things come in threes—especially when you're arranging accessories. A trio of topiary-filled pots composes a bold grouping—naturally.

26. Think big. Instead of a clutter of doodads, a commanding yet comforting quilt adds pattern and color but leaves plenty of breathing room.





PHOTOGRAPH: JUDITH WATTS

the new double-duty dining room

30. Have it *your* way. Today's special? Dining rooms carefully prepared to serve two purposes. Here, tasteful furnishings and dollops of light invite you to dig in to your favorite literary *or* culinary classics.

31. Fake it. A bookish wall covering and crown moldings give a new room illusions of grandeur.

32. See your way clear. A glass tabletop keeps a "meal" of rich furnishings from becoming too heavy.

33. Stow away. Instead of the expected sideboard, flexible chests store plates, potables, and paperwork.

serene sanctuary

27. Give yourself a hug. Sink into a soft chair, then snug up to the "fire" of a glowing lamp and the reassuring embrace of a friendly screen.

28. Enjoy the second time around. Flea-market treasures—a screen, a pillow, or a rug—suggest the slower pace of times gone by.

29. Dream on. Escape with a great book and fanciful accents. Well-traveled trunks like these can remind you of faraway places—or make you glad to be home again.

PHOTOGRAPH: GENE JOHNSON. REGIONAL EDITOR: NANCY INGRAM





not-so-classic western bedroom

34. Rough it up. With the texture of weathered fence posts, this cannonball bed has a comforting get-real quality. Don't have an old friend? "Age" one by sanding a painted piece.

35. Travel happy trails. Let your rooms get a little rowdy for style that makes you smile. Playful modern art and a child's pillowcase give visitors to this guest room permission to relax.

36. Tie one on. Trade in fussy draperies for light-welcoming sheers that are looped up easily with fabric tabs. Need more privacy? Pop in some blinds or shades.

37. Think twice. Create a friendly gathering place by casting old-favorite furnishings in new roles. A spare chair and old leather suitcases make clever bedside companions.

a fresh outlook

38. Bring the outdoors in. Is the bloom off your room? Get it back with a mini-greenhouse of single stems in tiny vessels.

39. Put collections to work. Don't let favorite things stand idly by. Let them collect more attention than dust by *using* them in centerpieces, framed art, or gardens.



PHOTOGRAPH, KING AU

feel-*good* rooms

dining out of the ordinary

40. Vary the guest list. Make a circle of chairs as delightfully diverse as your friends. Handmade character links these.

41. Show some pluck. Toss out the safe, expected centerpiece and let a part-time table support your special interests.



PHOTOGRAPH, GENE JOHNSON REGIONAL EDITOR NANCY INGRAM

bedroom getaway

42. Develop character. A classic four-poster or sleigh bed adds architectural impact.

43. Marry prints charming. Start with snappy, mixable stripes, then go for the bold with a hardy plaid or romantic floral. The grand *fun*ale? A childlike and heartwarming animal print.

44. Make it suite. Nestle a chair into a corner or a settee against the foot of the bed to create a comforting sanctuary.



PHOTOGRAPHS: JUDITH WATTS

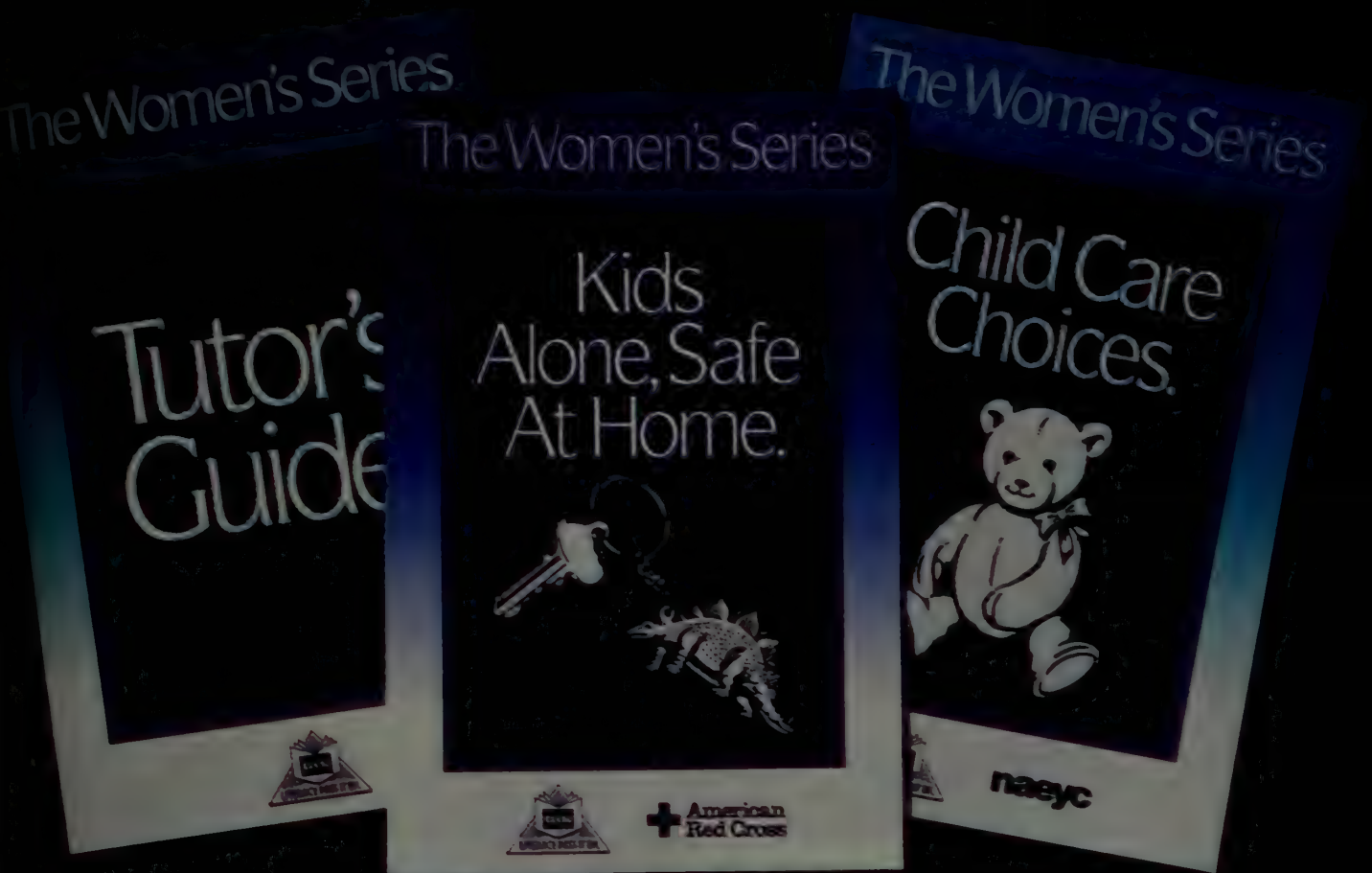


elements of surprise

45. Be a show-off. Keep a lookout for new display pieces—cocktail tables, end tables, and curios—that make your treasures appear before your very eyes.

46. Chart your own course. Surprises, such as sand and shells, are especially pleasant under glass. The trick: Pick a theme, display only what you love, then cast off the clutter.

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living room with a past

47. Mine your memories. Want a daily stroll down memory lane? Revive secondhand finds or family pieces with fresh fabric, or choose an instant-old reproduction.

48. Throw it off balance. Stoke up some eye-excitement by setting a mantel display off kilter. These paintings step aside, allowing randomly placed teapots to fill in the blanks.

49. Soft petal it. Tiptoe through the roses—or whatever flowers you love. In brighter shades of pale, this romantic, garden-fresh rug breathes light into a nostalgic scheme.

50. Get personal. To make your rooms love you back, surround yourself with things that make you say, "ahhh," whether it be an oversize chair or old family photos.

Fontana®

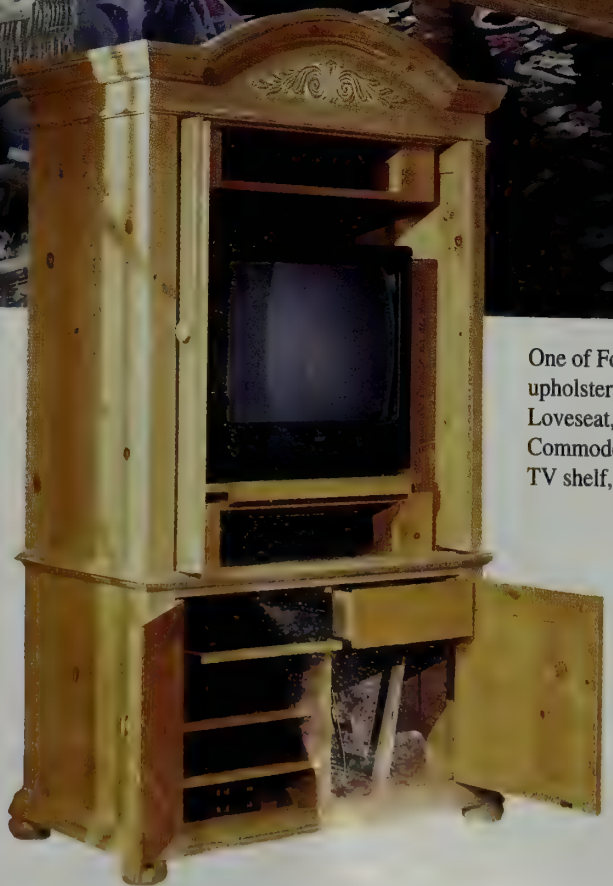
by Broyhill®

Come home to the graceful beauty of Fontana by Broyhill. Here's casual style at its best: uncomplicated, finely crafted and timeless. Fontana fits the way you live, with a simplicity of line and stylish versatility that work in contemporary, transitional and traditional settings. Add Broyhill's reputation for stylish, affordable furniture and the highest standards of quality and you have a collection that complements any interior today and for years to come.





One of Fontana's greatest assets is its decorating flexibility. Here, complementary plaid and floral upholstery from Broyhill's selection of over 400 fabrics establishes a traditional look for the Sofa, $9 Loveseat, $840, and Chair, $600. The setting is completed with the Square Cocktail Table, $290, and Commode End Tables, $225. The Entertainment Armoire, $1150, features pocket doors, a pull-out sw TV shelf, VCR shelf, additional shelf for entertainment components and video and album storage.



Featured on previous page: Panel Bed [illegible], Night Stand, $250, and Wardrobe Arm[illegible] $1[illegible]

Broyhill has a long-standing reputation for quality craftsmanship and attention to detail. Fontana is an outstanding example. Pine solids and veneers are carved, turned and smoothed to create the basic design. A light stain is distressed, glazed and hand rubbed to achieve the collection's hallmark finish. Finely carved details are added with care: sculpted overlays on rounded pediments, fine molding, beveled panels on doors, bun feet and simple wood knobs. Fabric patterns are matched across cushions, back and arms. The result? A look that brings distinction to your home's interior.

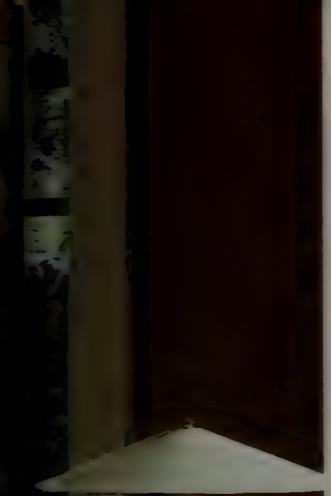
Smart Buys™ from Broyhill

Fontana®
by Broyhill®

Inspired by furniture styles ranging from European antiques to American farmhouse collectibles, Fontana is true American Casual style. This eclectic collection offers extraordinary design flexibility, adapting to established interiors with ease or creating entirely new looks in every room of the house. Whether your preference is updated country, traditional, casual contemporary, new age, or a blend of periods, let Broyhill show you how value and quality make Fontana the perfect addition to any setting.



Place the Door Chest, $740, between entry and family room and you have an ideal place to stash kids' toys when company arrives unexpectedly.

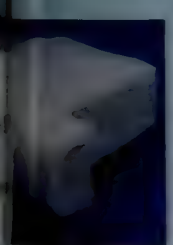






A casual setting for casual dining: Broyhill enters the dining room with Fontana's Farm Table, $775, whose aproned leaves extend to 78". The China's, $1500, back and interior lighting are a stylish backdrop for heirloom dinnerware or arts and crafts collectibles. And the tile-top inlay of the Server, $525, completes the setting with style and function. Also shown: Ladderback Arm Chairs, $190 each, and Ladderback Side Chairs, $165 each.

The Broyhill Difference



HR (High Resiliency) foam, recognized throughout the furniture industry as the highest quality cushioning material available, means your Broyhill sofa cushions will keep their shape and comfort.



Our solid wood frames are strengthened by screw and glue blocks as well as double and triple dowel joints that will endure years of everyday use.



For added strength, Broyhill incorporates dovetail joints on all Fontana drawers. Also, "positive stop" guides mean drawers will slide easily but not tilt or fall out accidentally when fully extended.

Fontana®

by Broyhill®

With Fontana, you and Broyhill can create interiors that are memorable, comfortable and functional. Once you've chosen the individual furnishings from Fontana's wide selection, it's simple to complete the look with Broyhill's vast assortment of upholstered furnishings which are available in over 400 fabrics and leathers. Then sit back and enjoy American Casual living at its best.

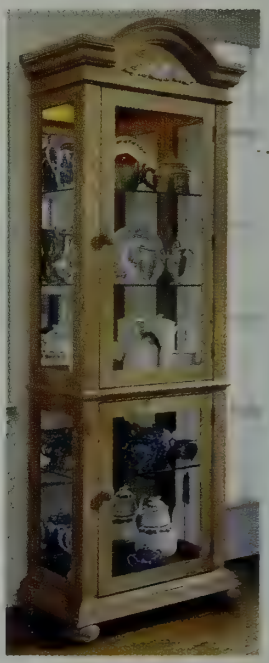
Start your Fontana collection today. And take advantage of Broyhill's "Smart Buys" values . . . while they last.



Fontana goes Southwest with a simple change of upholstery on the Sofa, $1150, Loveseat, $1090, and [illegible]. Notice the sofa's matching wood trim which complements the tables and Entertainment Armoire. The Square Cocktail Table, $290, Commode End Tables, $225, and Entertainment Armoire, $1150, accentuate the look and add an eclectic flavor.



Broyhill's Adaptables® are designed to adapt to lifestyle needs, from master bedroom to home office to youth bedrooms. Bachelor's Chest, $215, Vertical Mirror, $215, Single Dresser, $425, Desk, $400, Desk Chair, $175, Hutch Bookcase, $350, Five Drawer Chest, $475, Panel Headboard, $225, Night Stand, $250.



The Curio, $715[illegible] features interior [illegible] lighting, glass sh[illegible]es and a mirrored b[illegible]

To receive a full-color Fontana brochure, call 1-800-327-6944. Price is $5. MasterCard and Visa a[illegible] Or, send check or mon[illegible] for $5 to:

Broyhill Furniture Indu[illegible]
Consumer Assistance C[illegible]
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ARIZONA

Flagstaff	The Furniture Barn
Glendale	Sears Homelife
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Santa Clara	Eastern Furniture
Sonora	Simply Country
Turlock	Woods Furniture

IDAHO

Blackfoot	Blacke[illegible]
Boise	C[illegible] Furnis[illegible]
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Sandpoint	Sandpoint Furn.
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Las Vegas	Walker Furniture
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UTAH

Murray	R C Willey Home Fshgs.
Orem	R C Willey Home Fshgs.
Salt Lake City	R C Willey Home Fshgs.
Syracuse	R C Willey Home Fshgs.
West Valley	R C Willey Home Fshgs.

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Spokane	Burgans Furniture
Tacoma	Schoenfelds Furniture
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Wenatchee	Davis Furniture
Yakima	Griggs Furniture

Smart Buys™ from Broyhill

For additional information please call the Bro[illegible] Consumer Assistance Center:

1-800-3BROYHILL
(1-800-327-6944)

Manufacturer's suggested "Smart Buys" prices [illegible] tive through December 31, 1993. Prices may v[illegible] individual retailers. All items may not be avail[illegible] all locations. Furniture items may be special o[illegible]

Also available in Canada at the following locations:

ALBERTA

Calgary	Campbells Furn	Deerna Furn Plus	Leduc
Calgary	Penthouse Furn	Furn Co-Op Ltd	Markham
Camrose	Castle Mt Furn	Heritage Furn	Mississa
Edmonton	Carpets N Furn	Brockville Furn	Niagara
Grand Centre	Sears Furn	Dunnville	Pickering
Red Deer	Campbells Furn	Elmhouse	Ridgetown
		The Chesterfield Factory	Scarboro

BRITISH COLUMBIA

Chilliwack	Grand Pappys Furn	Fenwick	Lampman Mart Ltd
Kelowna	Jonathan Rowe Inc	Goderich	Zehrs Furn Plus
Richmond	Sandy's Furn	Hamilton	Interiors by Wonder
Summerland	Georges Fine Furn	Kanata	Van Leeuwen Room
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Aurora	Deerna Furn Plus	Leaside	
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Elmhouse	The Chesterfield Factory	Ridgetown	
		Scarboro	
Fenwick	Lampman Mart Ltd	St Catharines	
Goderich	Zehrs Furn Plus	Stoney Cr	
Hamilton	Interiors by Wonder	Waterloo	
Kanata	Van Leeuwen Room		
Kingston	Van Leeuwen Furnishing		

QUEBEC

Mystere

ALL LOCAT

Decorating at retail

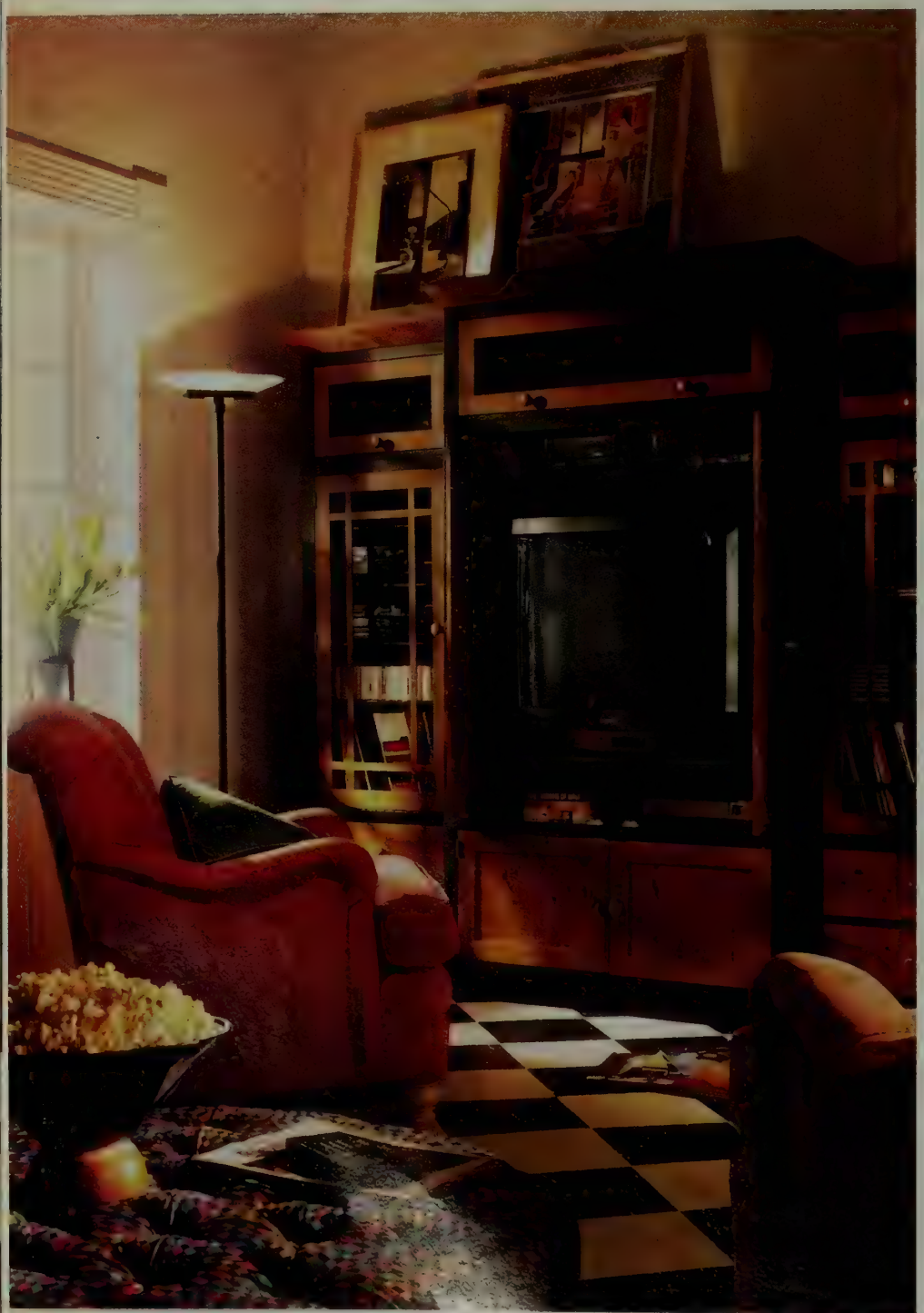
Create a family room you can't resist with furnishings that feel comfortable and look terrific. No longer reserved for the living room, stylish pieces are finding their way into the room where family and guests inevitably gather. This section will help you pull together the kind of welcoming retreat you've always wanted—one filled with sink-in seating, electronics storage units that look great even when the TV's off, and ample table and shelf space to display your special treasures.



BILL STITES

Cozy plaid upholstery, as comfortable as a flannel shirt, mixes with mellow woods and rustic accessories to create the relaxed—yet hardy—atmosphere of a deep woods hunting lodge. Suggested retail prices for Thomasville's Country Inns and Back Roads collection: American Parlor sofa, $2,025; Green Mountain chair, $1,315; Hearthside table, $845; Connecticut desk, $585; Lancaster ottoman, $360. For dealer referral, call Thomasville Furniture Ind. at 800/225-0265. Elk weather vane floor lamp, $160; from Cresswell Ltd., 1 Early St., Ellwood City, PA 16117.

In styles ranging from country to contemporary, freestanding wall units designed to house home theater systems give techy electronics a friendlier face. This cabinetry eliminates the mess of audio and video wires while giving the heart of your home an irresistible focal point. What makes home theater cabinets different from entertainment centers? Home theater storage units provide space for everything from big-screen TVs with multiple speakers to related audio, video, and surround-sound components. The mix-and-match nature of home theater cabinetry, which is usually composed of a series of storage units, enables you to add pieces as your needs and technology change.

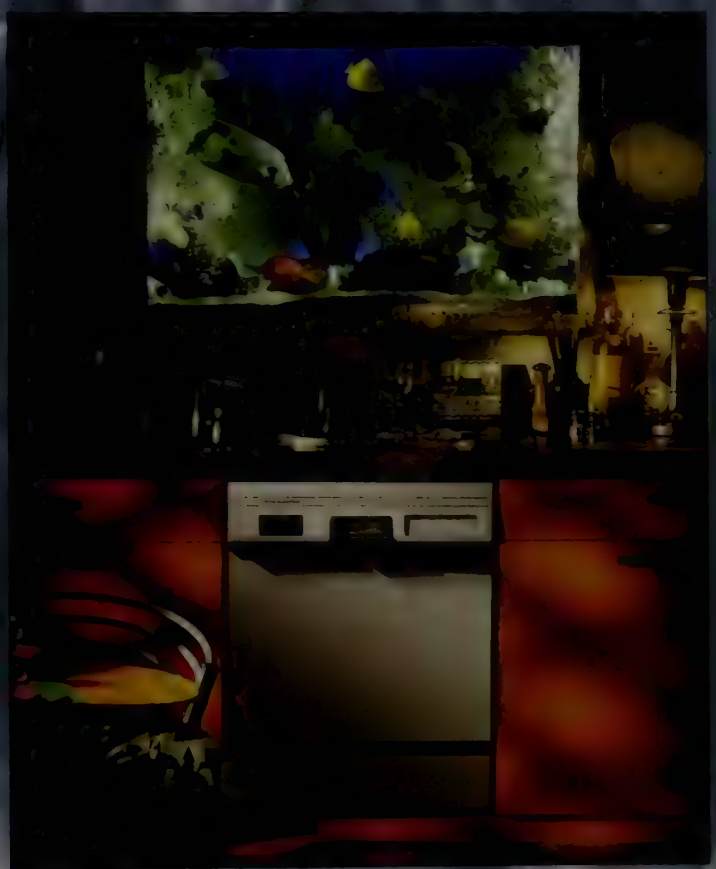


PHOTOGRAPH COURTESY OF ETHAN ALLEN

To get the most from your investment, look for storage pieces that can suit a variety of decorating moods. With its mix of amber wood, black detailing, and clean lines, Ethan Allen's mission-inspired wall units fit easily into contemporary or country rooms. This American Impressions Concept 6 home theater system can house a 35-inch TV, four speakers, and a variety of audio and video components as well as tapes, CDs, and records.

Suggested retail pr... ...binet with speaker, $2,299, audio cabinet with speaker, $1,599 (each); red Nubuk leather arm... ...chère, $230; ottoman, $739. For retailer information, call Ethan Allen at 800/228-9229.

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A console that matches cabinetry for a seamless flow. A filtration system for water as pure as crystal-clear falls, with no pre-rinsing. Our most powerful washing action ever. Just a few of the thoughtful details that have made KitchenAid legendary. Call 1-800-422-1230 for more about the dishwasher designed by KitchenAid. From an idea that flowed from Mother Nature.

KitchenAid®
FOR THE WAY IT'S MADE™

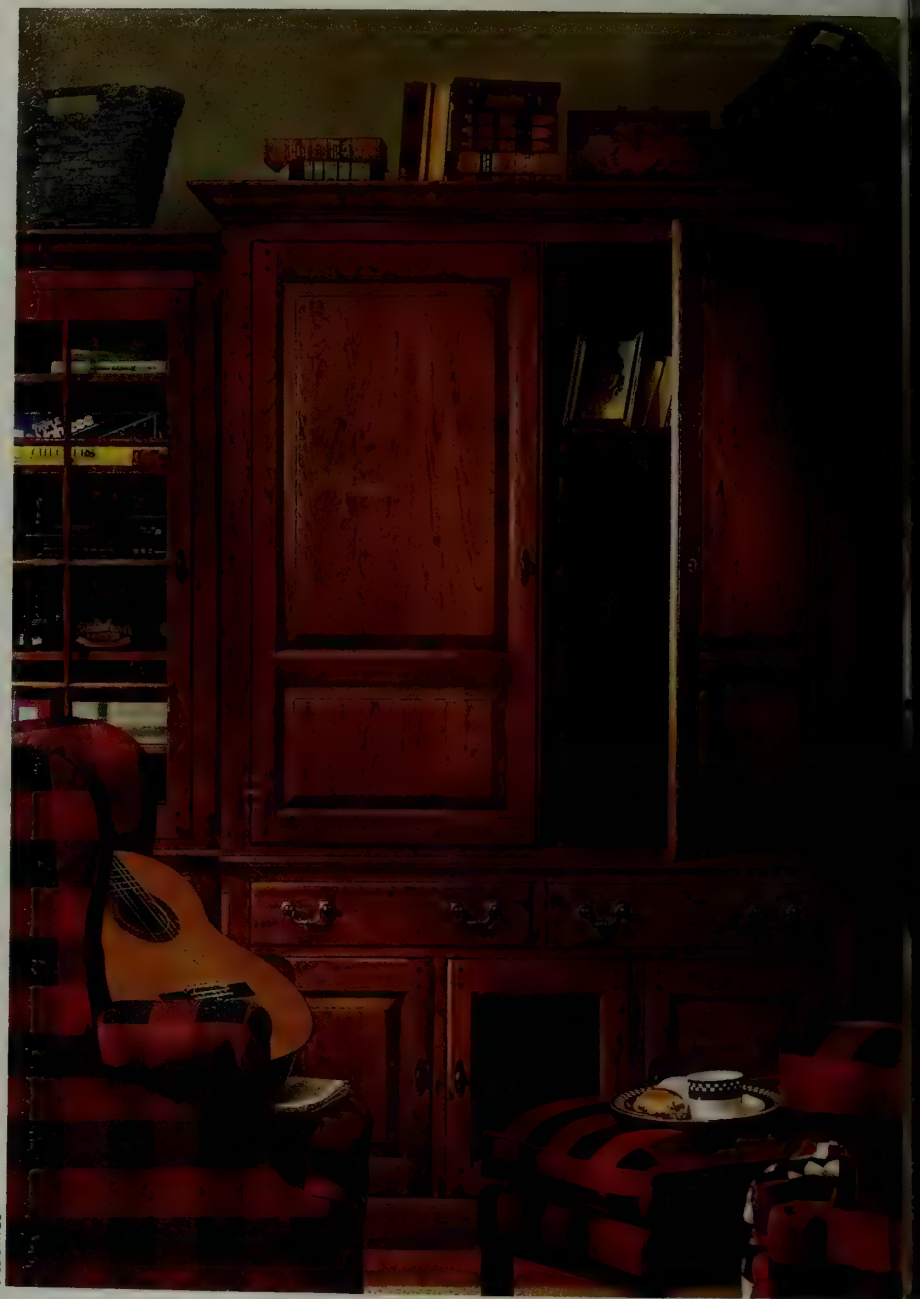
® REG. TM, TM OF KITCHENAID © 1995

Add architectural presence anywhere with a home theater system that pairs fine furniture with state-of-the-art electronics. Unlike built-ins, freestanding units, such as these from Lexington's Timberlake collection, create "instant architecture" that moves when you do. This three-piece unit holds up to a 40-inch TV monitor and three speakers.

Suggested retail prices: cherry home theater unit, $7,800; buffalo plaid Lady's wing chair, $845; Gentleman's wing chair, $988; ottoman, $371. For dealer locations, call Lexington Furniture Industries at 800/544-4694.



PHOTOGRAPH COURTESY OF PENNSYLVANIA HOUSE



BILL STITES

You don't need limitless wall space to store an elaborate sound and video system. This petite but hardworking (5 feet tall, 6 feet wide) American Cherry home theater cabinet from Pennsylvania House accommodates up to a 35-inch TV, five audio and video components, tape and CD storage, and one home theater speaker.

Suggested price: $4,995. Write Pennsylvania House, 137 N. 10th St., Lewisburg, PA17837.


Decorating doesn't have
to drive you
Crazy
Trust your instincts.
Trust WAVERLY.
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And no one makes it yours like
WAVERLY.
for information on where to find Waverly Fabrics, Wallcoverings and Home Fashions,
call 1-800-423-5881, Dept. 71. F. Schumacher & Co. ©1993.

The newest generation of recliners combines the slimmed-down looks of stationary chairs with kick-your-heels-up comfort—a perfect match for the irresistible family room. Typical of the trend, this generous-size wing chair from Action Furniture by Lane hugs you from all sides when you sink into full recline. The hide-a-chaise mechanism means there's no gap between the seat and footrest.

Suggested retail price for the Nantucket high-leg recliner is $670. For dealer information, call Lane Action Industries at 800/447-4700.



PHOTOGRAPH COURTESY OF LANE

Finesse the family fun spot with furniture that supports a "getaway" theme yet brings the comforts of modern-day life into play. First, let your backdrop set the scene. Here, walls painted to resemble the interior of a log cabin conjure up a rustic setting, and a series of warm and wood storage units support the lodge look while neatly corralling media equipment. Second, look for seating that enhances the comfortably rugged mood. Here, a large-scale plaid gives the wing chair its hardy look, and the mission-style chair combines rugged simplicity with a recliner's ease, so to stretch out, all you have to do is lean back.



BILL STITES

Suggested retail prices: La-Z-Boy's Santa Fe mission-style recliner, $679; leather ottoman on casters, $450; plaid Carnegie High Leg Lounger, $639; Messena entertainment unit, $1,249; door unit with upper shelves, $819, and end unit, $629. For dealer information, call La-Z-Boy at 800/THEN RELAX, ext. 20.



HOME IMPROVEMENT

You probably spend a lot of valuable time in your kitchen. So it makes sense that you want the best kitchen cabinets and accessories at the best possible price. That's why Aristokraft cabinetry was created. Aristokraft specializes in designing affordable cabinets and accessories that are as beautiful as they are functional. And since remodeling a kitchen adds significant value to your home, you'll find Aristokraft's wide assortment of cabinet styles, finishes and accessory options to be valuable in more ways than one.

Building or remodeling? Our new Kitchen Planning Kit, full of design ideas, is the ultimate how-to guide! Send $7.95 payable to Aristokraft Inc. to: Kitchen Planning Kit, Dept. BHS103, P.O. Box 420, Jasper, IN 47547-0420.



Aristokraft®

The art of easy living

Unlike the chubby recliners of a decade or two ago, today's trimmer, more sophisticated versions blend modern comfort with vintage charm. With its high legs and softly curving shape, Barcalounger's Americana recliner makes a versatile choice for country, contemporary, or traditional style rooms. Its versatile stripe not only mixes well with any style, but with virtually any other pattern, too.

Suggested retail price for the Americana is $1,020. For dealer referral, write The Barcalounger Co., P.O. Box 6157, Rocky Mount, NC 27802.

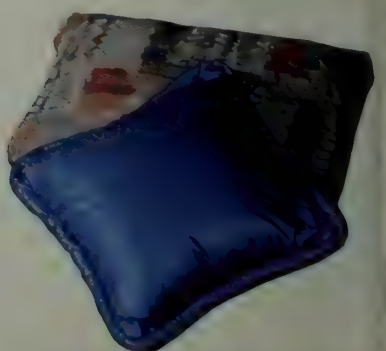




PHOTOGRAPH COURTESY OF BROYHILL

Until you see them in action, it's hard to believe that some of today's best-looking sofas hide recliners inside. Each end section of this slim and chic example from Broyhill offers two reclining postions when you lean back and pull on a lever to elevate the footrest. Select your own contrasting or matching pillows.

Suggested retail price is $1,300. For dealer information, call Broyhill Furniture Industries at 800/327-6944.



Finally... a fitted sheet that does what it's supposed to do.

Fit your mattress.



What about all those other fitted sheets on the market. Won't they fit your mattress?

Frankly, no.

It seems kind of odd since they ARE called fitted sheets. But most have little 8½" pockets, and elastic only at the corners. So you have to use your knee to get them on. Then just hope they won't pop off during the night.

Not a major life and death threat. But still, a problem we thought could, and should, be solved.

So solve it we did.

Our famous Sheet That Fits (shown in 200-count all cotton) has deep 12" pockets, and full elastic. So it not only fits standard mattresses better, it fits the fat new ones too.

Thousands are already enjoying this revolutionary sheet. We think you will too.



Call **1-800-345-3696** to order our 100% cotton Sheet That Fits (or mail this coupon). KM

		SIZE	COLOR	QTY	PRICE	TOTAL
Flat sheets	1570-11D2					
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❑ Check here or call for free catalog.

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Send to: 1 Lands' End Lane, Dept. KM, Dodgeville WI 53595 Offer good until December 31, 1993.

Twin flat or fitted	**14.00**
Double flat or fitted	**22.00**
Queen flat or fitted	**32.00**
King flat or fitted	**42.00**
Cases, a pair Std. **22.00**	King **25.00**

*Residents of WI, IL, IA add applicable tax.

Shipping & Handling Charges

Total Price	S&H
0-25.00	3.75
25.01-75.00	5.25
75.01+	6.75

Coming Home® with LANDS' END DIRECT MERCHANTS

A DIVISION OF LANDS' END, INC.

Furnishings designed to serve changing needs best fit the all-purpose family room. Need an extra dining spot or a collapsible work surface? Look for drop-leaf tables that fold down to console width. More versatile than a coffee table, a small dining table set out of TV viewing range offers a surface for playing games as well as paying bills and setting down drinks. Double-duty ottomans can step in as extra seats or tables. In subtle hues, thi room's crisp, clean furnishings by Drexel offer the ultimate versatility—they enable you to change the look of the room easily and inexpensively with a new coat of paint and a quick accessories switch.



Suggested retail prices: white canvas sofa with contrasting cording, $1,702; drop-leaf console, $799; 9x12-foot Contemporary Mosiacs hand-painted sisal rug, $4,496; Windsor side chair in sisal finish, $379; Windsor side chair in white finish, $409; Windsor arm chair in white finish, $499; round dining table, $799; round lamp table, $489. For dealer referral, call Drexel at 800/447-4700.

PLAIN



BEST

A national taste-test proves Dannon® Lowfat Plain Yogurt is the best tasting of all plain yogurts. And with a yogurt that good, it doesn't seem fair to be called just plain." So now Dannon Plain is Dannon Premium Plain.

It's just as rich, creamy and delicious. With real acidophilus cultures. And no artificial anything. In fact, it's the same great plain yogurt it's always been. Which means it's plainly the best.

NOW OUR LOOK IS PLAIN BETTER TOO.

A VERY HEALTHY HABIT. FOR LIFE.™

DANNON

©93 The Dannon Company, Inc.

Stylishly handle the heavy traffic in your family's favorite gathering spot by choosing furnishings designed with durabilit and flexibility in mind. Need a sofa that will withstand dirty shoes and rough play? Consider tough, yet handsome leather or a heavy cotton upholstery in an especially bold color and pattern. Either will look great as they soften and mellow with use and age. If frequent spills threaten tables, consider washable, fuss-free glass tops. This coffee table from Lineage combines glass and woven leather for an updated look on an old favorite.



BILL STITES

Multiply the storage capacity of your home's hot spot with flexible cabinetry that stretches or shrinks according to your family's needs. This series of oak storage units from Lineage lets you mix and match chests with a variety of options. The top shelf behind the storage doors adjusts to accommodate a TV.

Suggested retail prices: sofa, $1,650; woven leather cocktail table, $1,275; Mariah Inn chests in nutmeg finish: Keeping Chest (with drawers), $1,575; upper Bonnet Chests, $780 each; and Functional Door Chest (with two or five drawers), $1,785 each. For dealer referral, call Lineage Home Furnishings at 800/440-HOME.

IN KEEPING WITH

MODERN TRAVEL

YOU'LL ARRIVE

RELAXED, REFRESHED

AND WAY AHEAD OF YOUR LUGGAGE.



The 1993 Isuzu Trooper

"An expansive cabin," observed the editors at Car and Driver, "offers comfy seating for five big folks plus luggage space that will make a Range Rover buyer try to change the subject," which is, of course, the Isuzu Trooper. And according to those who have driven one, it just may be the most spacious, well-crafted four-wheel drive to ever arrive. Anywhere. (800) 726-2700



ISUZU

Practically/*Amazing*

Always wear a seat belt. And please, treat the environment with respect. ©1993 American Isuzu Motors Inc.

No longer limited to chunky furniture and deep-pile carpet, family room styl are lightening up without sacrificing comfort in the process. Looking as if an ocean breeze might blow in, this room rela es thanks to cabana-beautiful basics, such as the striped Pearson sofa and Venture wicker chair. A stretch of sandy sisal ca pet and weathered painted pieces from Lane enhance the casual, great-as-all-outdoors attitude.



Suggested retail prices: blue-and-white striped sofa, $2,370, from Pearson Co., P.O. Box 2838, High Point, NC 27261. Lane/Venture wicker chair, $1,066; ottoman, $504; and Lane Company Shaker Cottage coffee table, $494. For dealer information for Lane/Venture or The Lane Company, call 800/447-4700.

As I See It #20 in a series
Nick Vedros
"Home Sweet Home"
4-Color Photography



THE BOLD LOOK
OF **KOHLER.**

Peace at last! Thanks to our incredible Peacekeeper™ Seat-Actuated Flush, available on select Kohler Lite™ toilets, there'll be no more squabbles over seat up vs. seat down. The only way to flush this little genius is by closing the lid. See the Yellow Pages for a Kohler® Registered Showroom. For complete product portfolio and idea book, send $8.00 to Kohler Co., Dept. PK9, Kohler, WI 53044 or call 1-800-4-KOHLER, ext. 907.

Utility patent applied for ©1993 by Kohler Co.



PUP TENT

Dogloo's unique igloo design and heavy duty nontoxic nitrogen insulation, will retain your dog's natural body heat more efficiently than any other plastic or old style doghouse. That means your pet will stay warmer in the cold outdoors.

The thick insulation also keeps pets cooler and more comfortable during hot summer months. And, the igloo shaped Dogloo is extra roomy at the bottom giving your pet a larger area to circle and sleep.

Compare thin, plastic imitations to a Dogloo at your favorite pet center. Then select from Dogloo's various sizes for dogs up to 200 pounds. And, unlike junior's pup tent, the sturdy Dogloo is a permanent home for all seasons.

DOGLOO®

Made in USA 1241 Old Temescal Road, Corona, CA 91719 (909) 279-9500 © 1993 Dogloo Inc.

DECORATING

BUYING A NEW MATTRESS

You don't have to be a princess to suffer from a lumpy mattress. If it's time to trade yours in for a happier ending to your night's sleep, this buying information will help.

A NEW SLEEP SET

When shopping, wear comfortable clothes so you can "rest drive" the mattresses you're checking out. Lie on each one and assume your favorite sleeping position. If you'll be sharing the bed, take your partner along and test the mattresses together.

A firm mattress doesn't have to be hard as a board to be good for you. In fact, a too-hard mattress can sabotage sleep by creating uncomfortable pressure at the shoulders and hips. Look for mattresses that combine deep down support with a firmness that's comfortable for you. Better bedding features extra layers of soft cushioning, called pillow-top mattresses, of high-quality natural or synthetic fibers. The covering, or ticking, will be luxurious damask or printed fabric deep-quilted to soft layers below.

A king-size innerspring mattress should have at least 450 coils (37 coils in a queen, 300 in a double). If you're buying a foam mattress, look for a minimum density of 2.0 pounds per cubic foot (the higher the number the better the foam). When choosing a water bed, be sure it is made of vinyl at least 20 millimeters thick, has durable seams, and meets the California Water Bed Standards (the standards water beds are judged by, no matter which state you live in).

If you share a bed with someone else, choose at least a queen-size bed or king-size if you're tall or need extra space. Double beds offer each person only the same width as a baby's crib.

A mattress and foundation (or sleep set) are engineered to work together, which means you should buy a matching set rather than pairing an old foundation with a new mattress or vice versa. The foundation (box spring) acts like a shock absorber, taking a lot of the nightly wear and tear, and it adds to the bed's overall comfort, support and longevity.

MATTRESS CARE

To keep your new mattress in shape, try these tips:

Use a sturdy bed frame to help prevent bowing and breakage (queen- and king-size mattresses should have additional slats for support in the center). Heavy-duty support is especially important for water beds.

Protect your mattress from stains with a good-quality, washable mattress pad.

Turn your mattress over and end-to-end every couple of months to help equalize wear and tear.

To clean your mattress, simply vacuum. Don't soak it with water.

To receive the pamphlet "The Good Night Guide," send $1 to the Better Sleep Council, P.O. Box 13, Washington, DC 20044.

CHOOSING FURNITURE FABRICS

Whether you need new seating or a furniture wardrobe change, learn some facts about fabrics before you buy upholstery or slipcovers.

Au naturel. Natural fabrics offer rich colors and touchable textures but are prone to soiling (unless treated with coatings such as Scotchgard and Teflon, information that would be on the label).

Cotton is soft, strong, and affordable. It mellows with wear and "breathes" when you sit on it. Cotton blends well with other fibers, natural or synthetic.

A tightly woven wool fabric boasts maximum durability. For a less itchy feel, look for wool blends. Blended with silk, wool accepts dye better and increases the durability of silk.

Linen, although notoriously prone to wrinkling, is loved for its crisp, nubby texture. It won't crease as much when blended with cotton.

Made for you. Synthetic fibers are sold under trademarked names, such as Herculon (olefin), Orlon (acrylic), and Dacron (polyester). Generally, synthetics offer durability, low cost, and soil and wrinkle resistance. Some mimic natural fibers: Acrylic copies wool's texture and rayon drapes like silk. However, synthetics can appear shiny and too artificial for those who like the hand of natural fabrics.

An upholstery newcomer. The latest development in synthetic fibers are microdeniers, a name that refers to the fiber's size rather than content. These are extremely small fibers, finer than silk, that are soft yet strong. Microdeniers, not necessarily soil or wrinkle resistant, generally cost less than silks and high-quality wools and linens. Microdeniers such as Micromattique come in a range of constructions and designs and can be blended with other fibers.



A classical composition of Renaissance motifs, this hand-carved Trumeau mirror is crafted in the Tuscany region of Italy, well known to Michelangelo. The hand-rubbed walnut finish complements the finely carved gilded leaves, basket and ornamentation. Available through select showrooms.

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A COUNTRY KITCHEN WITH CONTEMPORARY FLAIR



Old-time style and modern-da efficiency result in a kitchen tha boasts the best of both worlds. Built-in book-shelves and the wall covering accent the coun try style.

Architect: Tom Hart, Doug Walter Architects. Photos:Tom Arledge. Regional editor: Mindy Pantiel

Here's what a country kitchen should be—well crafted, charming, and cozy, yet simple and efficient.

Like the kitchen in a stately old farmhouse, this design is spacious, informal, and hospitable. Sitting space along the island encourages friendly conversations over a cup of coffee. Generous counter and cabinet space leave room to prepare those big holiday meals. An eating nook at the end of the corridor allows comfortable family meals.

But this floor plan also appeals to modern sensibilities. The island—complete with a cooktop, a wine cooler, a salad sink, and abundant storage—the main-sink area, and a built-in refrigerator form an efficient work triangle. The open spaces and generous windows appeal to today's desire for sun-soaked kitchens.

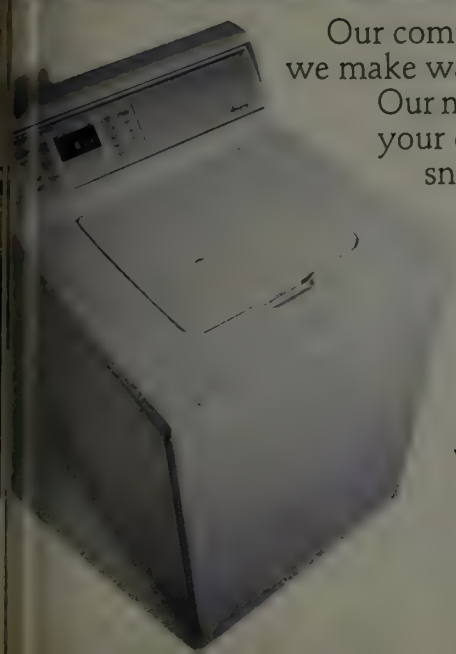
Natural finishes, such as oak floors and a butcher block island counter, bring out the kitchen's country roots. Well-crafted wood cabinetry with vintage hardware and glass door fronts, and a tile backsplash that extends from the counter all the way up to the upper cabinets amplifies the old-time appeal. To add contemporary efficiency, the kitchen features solid surfacing on the main counters, and appliances that are seamlessly built into the cabinetry.



Glass panels on the upper cabinet doors echo the mullions in the French doors and above-sink windows. A cooktop, storage drawers, and a wine cooler pack the island with practicality.



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A redwood ceiling adds more warmth to this inviting fireplace nook.

There's something comforting and soothing about a fire's snappy dance on a cozy hearth. It warms the heart as well as the bones. But Mary Ann and Kurt Bundgaard didn't get those good vibrations from the bland monolith of a fireplace in their Colorado home.

"We found ourselves drawn to fireplaces that had some kind of built-in seating," Mary Ann remembers. In the midst of a whole-house southwestern-style makeover, the Bundgaards' architects helped them blend the two ideas into this mesmerizing, cuddle-inducing fireplace nook.

Two-by-fours formed the stair-stepped pedestals and benches. Plywood disks, cut into quarters, and wire mesh helped shape the rounded ends and corners. Half-inch plywood planks topped the benches for solid seating. A plaster veneer board applied to the wood framing provided an underlayment for the stucco finish. An arc-shaped frame of plywood and 2×4s, covered with the plaster veneer board and stucco, fashioned the big new arches. The rounded edges were sculpted from the still-wet stucco. A redwood ceiling warms up the white room and enhances the cozy feel.

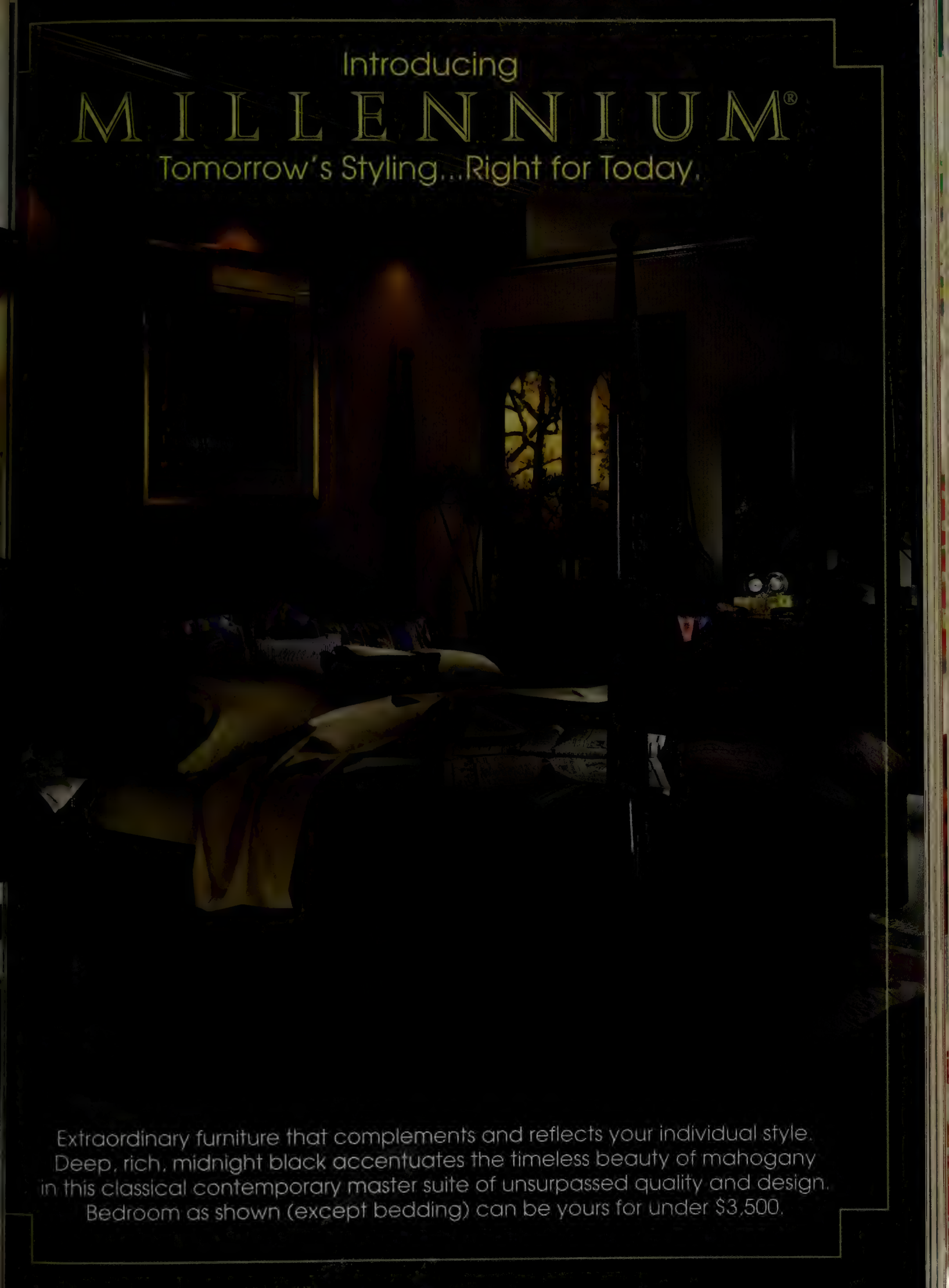


Before: a plain-vanilla fireplace.

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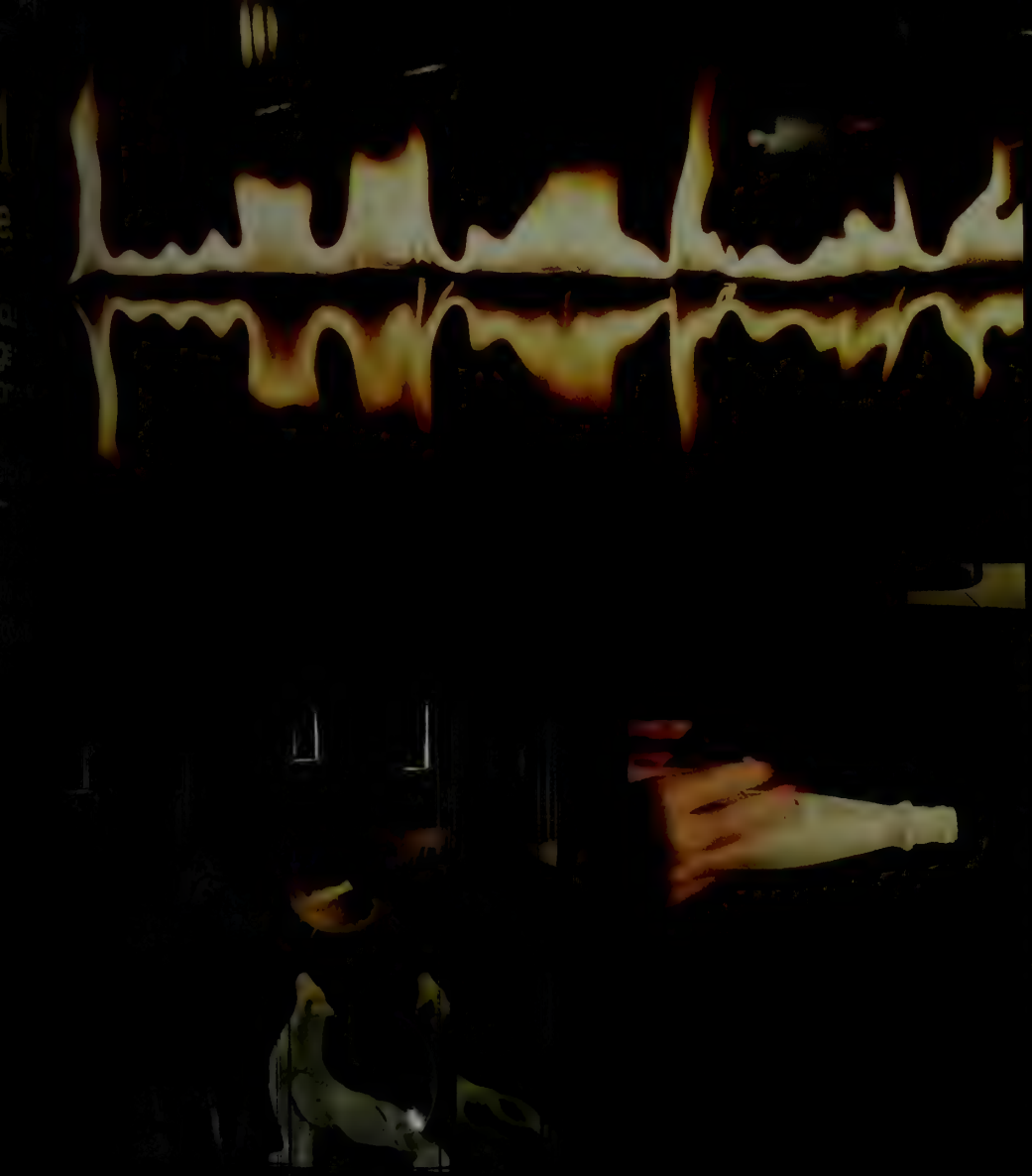
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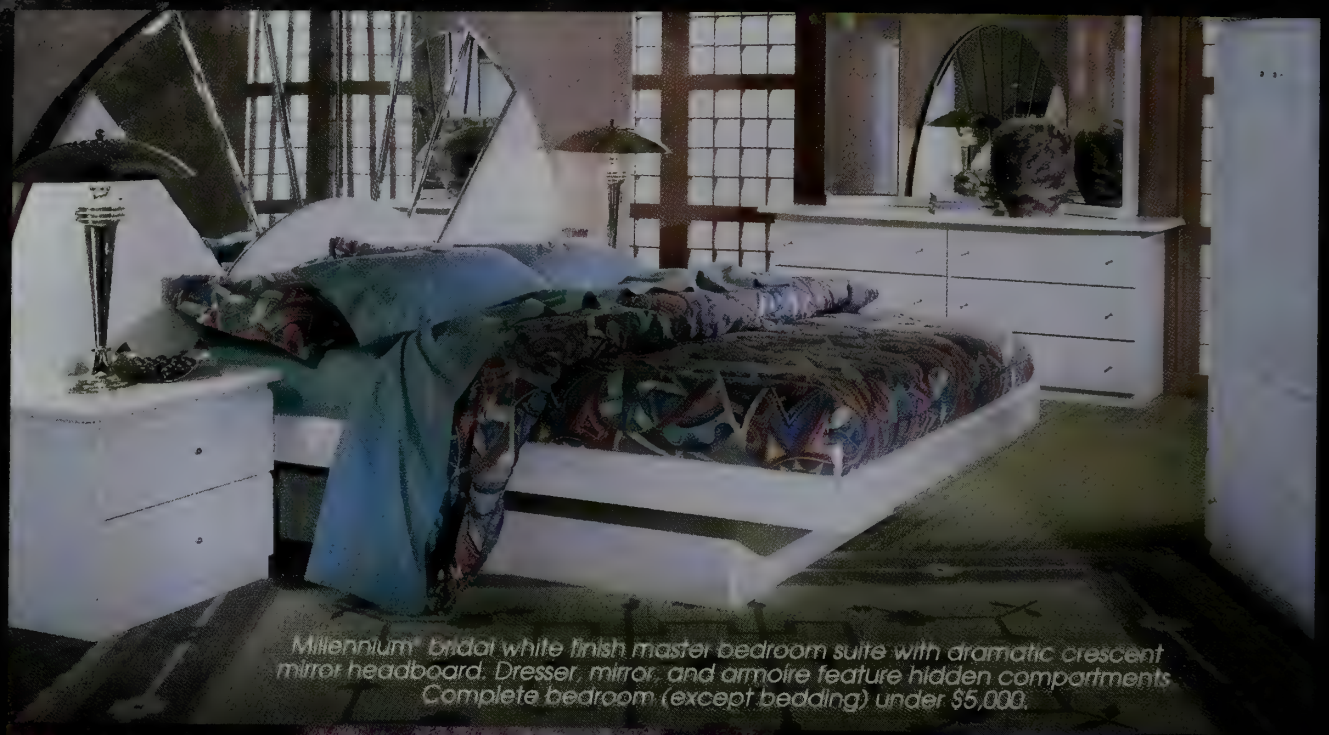
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SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.

TRICKS AND TREATS FOR HALLOWEEN

Page 28: Large pumpkin tureen—Vietri Inc., P.O. Box 460, Hillsborough, NC 27278.

BUILDING SMART

Pages 68-69 *(left):* Roofing, "Timberline"—GAF Building Materials, 1361 Alps Rd., Wayne, NJ 07470. **Vinyl siding,** "Monterey IV"—Wolverine Technologies, 17199 Laurel Park Dr., N, Livonia, MI 48152-2679; 800/521-9020. **Windows and sliding French doors**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763. **Exterior paint for roof edge,** "Shaker Square"—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115. **Deck paintings**—Bachman's, 6010 Lyndale Ave., S, Minnesota, MN 55419. **Deck furniture**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **(*Center bottom right):* Coach lantern,** "Carriage Classics"—Progress Lighting, Erie Ave. and G St., Philadelphia, PA 19134. **Overhead garage door,** "Autograph Series"—Stanley Door Systems, 1225 E. Maple, Troy MI 48083. **Pages 70-71 *(left):* coffee and end tables**—Pier 1 Imports (address above). **Sofa,** running stripe, scatter back contemporary with matching pillow-top ottoman; **lamp**—Broyhill Furniture Ind., 800/327-6944. **Wall paint,** Tankard; **trim paint,** Soft Taupe—The Glidden Co. (address above). **Carpet,** "Belvedere" in Sandpit—J.P. Stevens Carpet Corp., Hwy. 5, Aberdeen, NC 28315; 800/869-2727. **Fabric for valance,** "Treetops"—Waverly Decorative Fabrics, 79 Madison Ave., New York, NY 10016. **Framed art above sofa**—Umerov, Suite 166, International Market Square, 275 Market St., Minneapolis, M 55405. ***(Center):* dining table,** "Laccato chairs," "Fontana"; **china cabinet**—Broyh Furniture Ind.; 800/327-6944. **Chandelie** Mission—Progress Lighting (addres above). **Glass vase on dining table**—Pie 1 Imports (address above). ***(Right):* Viny floor tile,** "Components" in Emerald Taupaze, and Dusted Almond—Armstron World Ind., Inc., P.O. Box 3001, Lancaste PA 17604. **Stair railing**—Morgan Product Ltd., P.O. Box 2446, 601 Oregon St. Oshkosh, WI 54903-2446. **Entry doo** "Prodigy"—Stanley Door Systems (addres above). **Door latch,** "Marielle"—Weise Lock, 6660 S. Broadmoor Rd., Tucson, A 85746. **Wall paint,** Taupe; **trim paint,** So Taupe—The Glidden Co. (address above). **Pages 72-73 *(left):* Vinyl floor tile** "Components" in Taupaze, Chamois Buff Ice Beige, and Emerald—Armstrong Worl Ind. (address above). **Sliding Frenc doors**—Marvin Windows & Doors, P.O Box 100, Warroad, MN 56763. **End table cocktail table, tuxedo sofa, ottoman armoire** (exact designs have been discon tinued; similar designs are available); **club chair**—Broyhill Furniture Ind., 800/327 6944. **Breakfast table and chairs, sofa table**—Pier 1 Imports (address above) **Area rug**—Watts & Smith, Suite 311 International Market Square, 275 Marke St., Minneapolis, MN 55405. ***(Center):* mirror above fireplace**—Holly Hunt Ltd., Suite 234, International Market Square, 275 Market St., Minneapolis, MN 55405. **Cabinets,** "Cambric Arch"—Merillat Ind., Inc., Dept. BH&G92, P.O. Box 1946, Adrian, MI 49221; 800/624-1250. **Dishwasher,** "New Generation"—Whirlpool Corp., 2000 US 33 North, Benton Harbor, MI 49022; 800/253-1301. **Self-rimming sink,** "Marsala"; **faucet,** "Corolais"—Kohler Co., Kohler, WI 53044; 800/772-1814. **Dinnerware, tumblers, pitcher, glass jars, fruit bowl, plate**—Pier 1 Imports (address above). ***(Top right):* countertop,** Putty, **countertop edge,** in Bronze and Burgandy—Wilsonart, 600 General Bruce Dr., Temple, TX 76504. ***(Bottom right):* refrigerator,** "Designerstyle"; **microwave oven**—Whirlpool Corp. (address above). **TV set** —Sharp Electronics Corp., Sharp Plaza, Mahwah, NJ 07430-2135; 800/237-4277.

Page 74 *(top left):* Overhead garage doors, "Autograph Series"—Stanley Door Systems (address above). ***(Bottom left):* vanity cabinet,** "White Bay"—Merillat Ind., (address above). **Ceramic tile countertop,** "Santinglo," Heather—American Olean Tile Co. (address above). **Lavatory bowls,** "Farmington"; **lavatory faucets,** "Taboret"; **low-flow toilet,** "Rialto Lite"—Kohler Co. (address above). **Wall sconce,** "P-7136-10"—Progress Lighting (address above). **Wallpaper in toilet compartment,** "Candy Stripe," Pewter—Waverly Decorative Fabrics (address above). **Door for toilet compartment**—Morgan Products Ind. (address above). ***(Bottom center):* whirlpool tub,** "Cocoon"; **tub spout,** "Taboret"—Kohler Co., Kohler, WI 53044; 800/772-1814. **Mosaic tile border,** "Satinglo" in Sterling and White; "Satinbright" in Lite Sterling and Gloss Raspberry; **floor and wall tile,**

Marble 200 in Coral—American Olean Tile Co. (address above). **Brass towel stand**—The Brass Handle, The Galleria, 3488 W. 70th St., Edina, MN 55435. **Towels**—Fieldcrest Cannon, 1271 Sixth Ave., New York, NY 10020. **Glass vase**—Pier 1 Imports (address above). ***(Bottom right):*** **bed, nightstand,** "Fontana"; **chairs,** Transitional pillow back, with matching pillow-top ottoman; **dresser,** "Valley Forge"; **lamp**—Broyhill Furniture Ind.; 800/327-6944. **Wall covering,** "Sonata," Wisteria—Waverly Decorative Fabrics (address above). **Trim paint,** White—The Glidden Co. (address above). **Fabric for drapes, Roman shade, bedspread, decorative pillows,** "Village Quilt," Copper; **fabric for bedspread welt,** "Glosheen," Claret—Waverly Decorative Fabrics (address above).

FEEL-GOOD ROOMS

Page 77: Wall paint—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645.

Page 78: Wall paint—Pratt & Lambert, 75 Tonawanda St., Box 22, Buffalo, NY 14240. **Carpet**—Village Carpets, 925 Green Bay Rd., Winnetka, IL 60093.

Page 80 ***(top left):*** **All furnishings, accessories**—Milling Road, A Div. of Baker Furniture, 1661 Monroe Ave., NW, Grand Rapids, MI 49505. ***(Lower right):*** **sideboard**—Bassett Furniture Ind., Box 626, Bassett, VA 24055. **Portrait picture frame on sideboard**—Exposures Catalog, 41 S. Main St., Suite 300, South Norwalk, CT 06854; 800/572-5750.

Page 83 ***(top left):*** **furnishings, accessories**—Lineage Home Furnishings Inc., 400 Lineage Ct., P.O. Box 11188, High Point, NC 27265.

Page 84: wall paint, "Contemplation"—Pratt & Lambert (address above). **Curtain rod**—Cisar-Holt, Inc., 2812 E. 15th St., Tulsa, OK 74114.

Page 86 ***(top right):*** **all furnishings, accessories**—Milling Road (address above). ***(Bottom left):*** **all furnishings, accessories**—Bob Timberlake for Lexington Furniture, P.O. Box 1008, Lexington, NC 27293.

Page 88: wall paint—Benjamin Moore & Co. (address above). **Coffee table**—The Bombay Co., 550 Bailey Ave., Fort Worth, TX 76107. **Sofa, chair fabric**—Covington Fabrics, 267 Fifth Ave., New York, NY 10016. **Doors**—Four Seasons Solar Product Corp., 5005 Veterans Memorial Hwy., Holbrook, NY 11741; 800/FOURSEA.

VICTORIAN ROSES

Page 101: ribbon—Ribbons by Offray, available at fabric and notion stores. **Roses**—available from Ben Franklin stores.

Page 102: dried rosebuds, "Baby Buds"—Plantation Botanicals, P.O. Box 128, Loop Rd. at the Dike, Felda, FL 33930; 813/675-2984. **Embroidery floss for pin,** "Flower Thread"—DMC Corp., Port Kearny Blvd., #10, South Kearny, NJ 07032.

Page 103: white pillows—paperwhite, ltd., 769 Center Blvd., Fairfax, CA 94930. **Yarn**—Paternayan Persian yarns, available at arts and crafts stores. **Chenille tassel yarn**—Lion Chenille, available at arts and crafts stores.

PRIZE TESTED RECIPES

Page 152 ***(left):*** **plate,** "High Spirits"—Mikasa, 30 W. 23rd St., New York, NY 10010. ***(Right):*** **plate**—Bazaar Del Mundo, 2754 Calhoun St., San Diego, CA 92110.

DIRECTORY
OF ARCHITECTS, DESIGNERS

BUILDING SMART

Pages 67-74: Architect—Bloodgood, Sharp, Buster, 3001 Grand Ave., Des Moines, IA 50312. **Builder**—Joe Miller Homes, 18133 Cedar Ave., S, Farmington, MN 55024. **Interior design**—Dawn Thorpe, Thorpe Monk Interiors, 2818 Bell Ave., Des Moines, IA 50321. **Kitchen design**—Diana Berndt, C.K.D., The Kitchenplan Co., 811 Tanglewood Dr., Shoreview, MN 55126.

VICTORIAN ROSES

Page 100: Rose Blossom Evening Bag—Susan Carson.

Page 101: Victoria Rosie—Susan Carson. **Page 102: Rose Pin**—Susan Carson. **Decoupage Rosebud Frame, Decoupage Rosebud Box**—Heidi T. King.

Page 103: Crewelwork Pillow, Chenille Tassel—Susan Carson.

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Victorian roses

by Jilann Severson



Everything's coming up roses in our Victorian garden of crafts. Whether stitched in an old-fashioned manner or crafted with fun-loving charm, our bouquet of rosy projects is sure to hold your favorite pick.

Rose Blossom Evening Bag

This little purse is no wallflower. Shimmery satins and iridescent tulle draw up into a bud-shaped bag perfect for proms and parties.

Photographs: King Au. Design credits: see *page 97.*



Victoria Rosie
Our American beauty brings a giggle to even the most straitlaced Victorian home. She's fresh from the flower garden with plant stake limbs, silk-rose hands and feet, and leaves for shoulders.



Decoupage and Rosebud Frame and Box
Embroidered Rose Pin

Tiny dried rosebuds and scraps of gift wrap cover a trinket box and frame with the look of yesterday. A small pin, stitched with softly [illegible] cotton flower thread and bordered with gold cord, [illegible] just an evening or two.

Victorian roses



Crewelwork Pillow

Persian yarns stitched on a linen ground gently shade a blooming rose and an unopened bud. Rich satin roping and purchased tassels finish the 12-inch pillow.



Chenille Tassel

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VICTORIAN ROSES

continued from page 105



Arms and legs: Cut stems of roses same length as bamboo pieces. Drill small hole through 1 end of each bamboo piece. Bend under ½ in. of stem; peel plastic coating off this section. Slip bare wire into hole and bend to secure. Wrap florist wire around rose and bamboo to make arms and legs. Twist wire securely, arranging leaves as desired. Whipstitch arms and legs to body.

Dress: Cut five to seven 12x18-in. pieces tulle. Cut 1 long edge of each piece into V-shaped points; this forms hem. Baste opposite edges together; gathering to fit doll's waist. Tack in place.

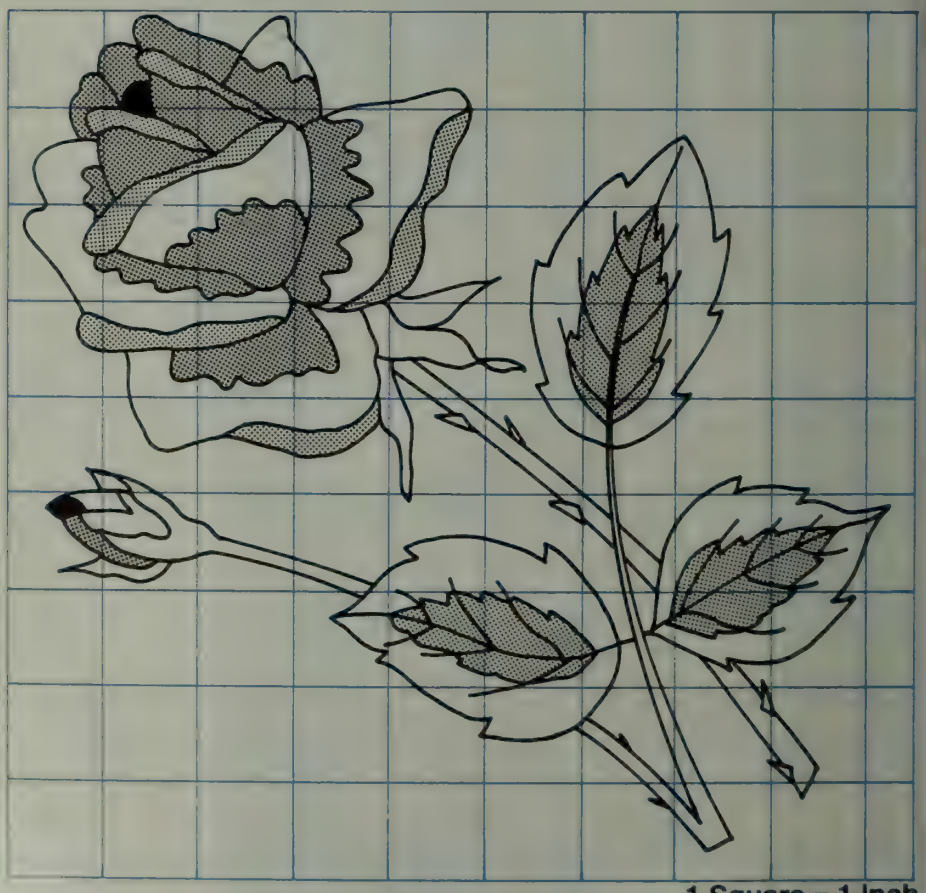
Stitch short edges of skirt fabric together, forming a tube. This is center back Fold in half lengthwise, wrong sides facing; press. Stitch rickrack to skirt 1 in. up from bottom edge. Press raw edges to inside. Baste folded edges together. Draw up to fit doll's waist; tack in place. *Note:* All raw edges of skirt should be encased.

Finishing: Glue leaves around neckline, covering arm joints. Tack ribbon around waistline. Glue green cord around face, wrapping around neck twice and tying in front. Sandwich ends of cords between 2 leaves.

CREWELWORK PILLOW, PAGE 103

Materials: 13x13-in. piece khaki linen for embroidery and chintz for backing; 13x13-in. piece iron-on interfacing; 12x12-in. pillow form; 4 purchased tassels;

CREWELWORK PILLOW



1 Square = 1 Inch

continued on page 155



You have to be pretty bright to clean bathrooms this well.



Our new Scrubbing Bubbles® are anything but dull. In fact, this year, thanks to our new, better cleaning formula, they have more cleaning and shining power than ever. So try new Dow Bathroom Cleaner. You've never seen such brilliance.

Dow Bathroom Cleaner with Scrubbing Bubbles *We work hard so you don't have to.*™

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Peachy Pork Picante

1 pound boneless pork, cut into 3/4-inch cub
1 tablespoon taco seasoning mix (purchased
2 teaspoons vegetable oil
1 8-ounce bottle chunky-style salsa (purcha
1/3 cup peach preserves

Coat pork cubes with taco seasoning. Heat oil in lar nonstick skillet over medium-high heat; add pork a cook to brown, stirring occasionally. Add salsa and preserves to pan, lower heat; cover and simmer for 15-20 minutes. Serves four.

Approximately, per serving*: Calories: 263; Fat: 1 Cholesterol: 66 mg.

Serve with hot rice and mixed bean salad.

*Nutrient analysis done by The Food Processor II Diet Analysis Soft Pork data from USDA Handbook 8-10 (1991)

The most delicious things happen when you cut into pork.

Looking for a quick change from the ordinary? Any lean cut of pork can be sliced into strips or cut into cubes or smaller pieces for faster, easier preparation. Try it in place of chicken or other meats in your everyday dishes for delicious difference your family will love

For recipes, send a self-addressed, stamped, business-size envelope to: Recipes-Ad, Box 10383, Des Moines, IA 50306.

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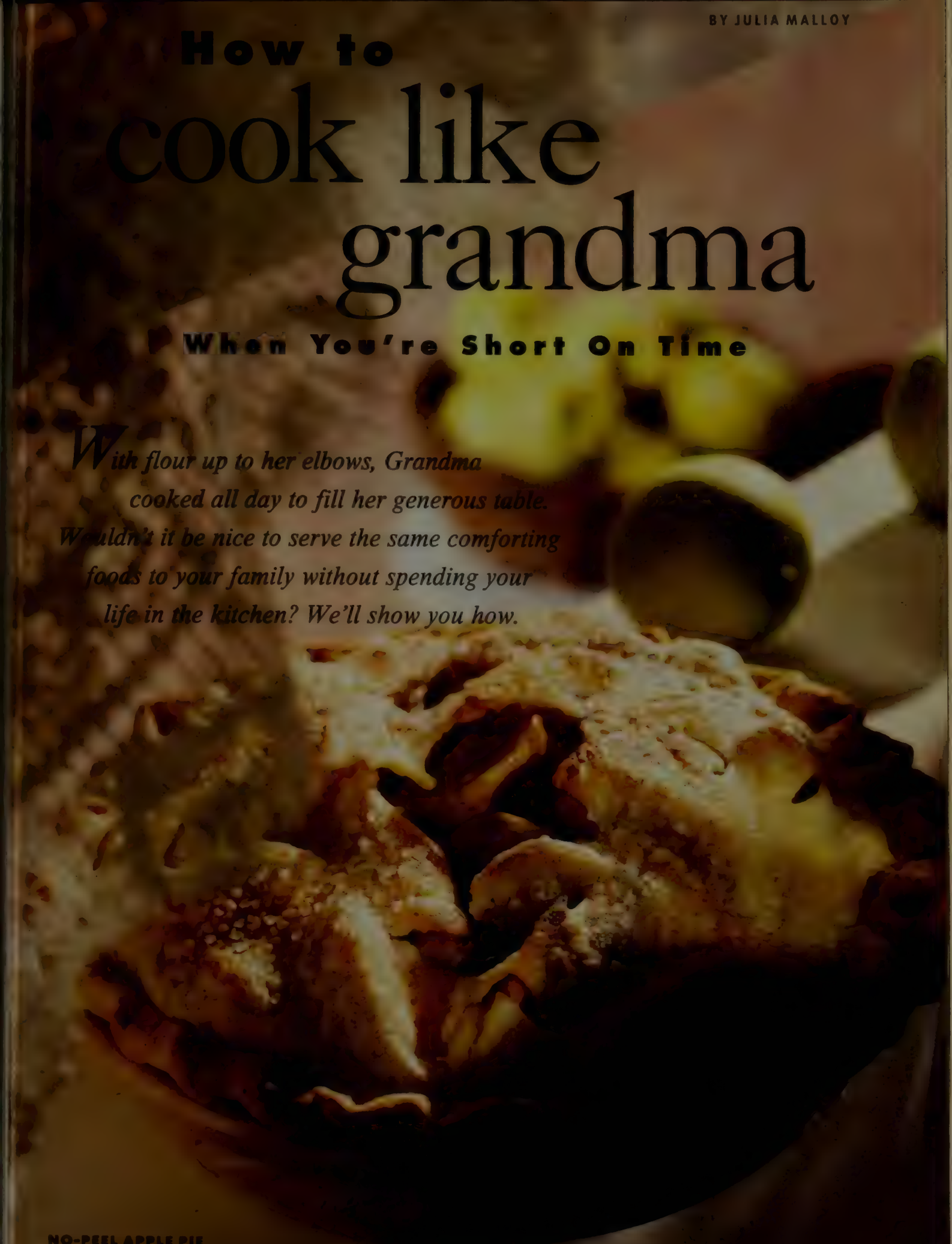
© 1993 National Pork Producers Council in cooperation with the National Pork Board

BY JULIA MALLOY

How to cook like grandma

When You're Short On Time

With flour up to her elbows, Grandma cooked all day to fill her generous table. Wouldn't it be nice to serve the same comforting foods to your family without spending your life in the kitchen? We'll show you how.



NO-PEEL APPLE PIE

Who wants to peel apples? Not us. We say pick tender-skinned apple varieties, slice 'em, and bake. Ready-made pie crust saves time, too.

Recipe begins on page 140

The Sunday-best dinner

With a houseful of relatives, Grandma cooked oodles for Sunday dinner. You can pick from these streamlined favorites to feed your family fast.



Recipes begin on page


Cook like grandma
CROUTON-TOPPED NOODLES
CREAMY MASHED POTATOES
SWIFT SWISS STEAK



Comforting family suppers

At the end of busy workdays, folks were hungry for hearty casseroles or soups, stirred up from Grandma's thrifty leftovers. Now, instead of leftovers, you can use modern-day ingredients to lessen the work, but not the taste.

SHORTCUT LASAGNA

Forget about waiting for pasta water to boil. Layer no-boil lasagna noodles with cheese and seasoned sausage, then bake.

SO-QUICK SEAFOOD CHOWDER

Canned soup creates velvety richness in short order. Skip potato-peeling duty by using frozen hash browns.

Recipes begin on page 134.





Always room for dessert

Just when you thought you couldn't eat one more bite, Grandma would walk in with one of her irresistible home-baked desserts. Well, loosen your belt once again. It's time for these luscious, but now time-efficient, favorites from long ago.

PLUMP APPLE DUMPLINGS WITH CARAMEL SAUCE

Easy-to-use purchased puff pastry cloaks cinnamony apples. Top these flaky wonders with a golden caramel-pecan sauce stirred up from ice-cream topping.

CRANBERRY-PEAR COBBLER

Ready-made cranberry sauce and refrigerated biscuits give this comforting dessert a smart head start. Shorten the baking time by cooking the fruit filling in your microwave oven, then crown with fanciful biscuit cutouts and bake.

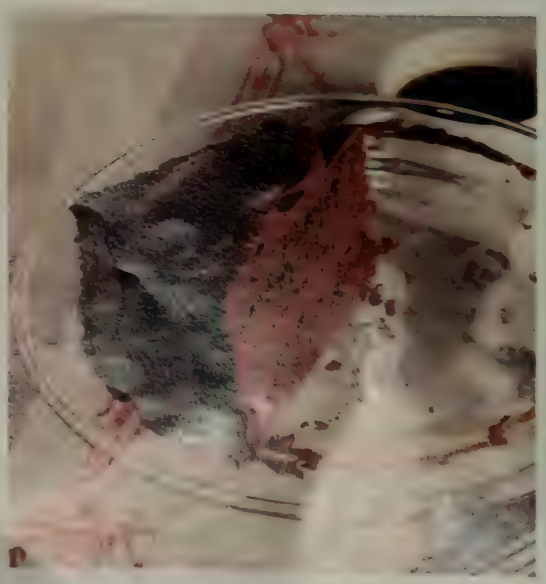
Recipes begin on page 137.





Coffeetime favorites

Put on a pot of coffee, bake one of these quick-and-easy breads or cakes, and invite a friend for a cozy kitchen chat.



SHORT 'N' SWEET CARAMEL BUBBLE RING

Give refrigerated breadstick dough a twist. Dip the spirals into butter and cinnamon for this sticky pull-apart bread.

ONE-BOWL CHOCOLATE CAKE

Good news for the cleanup crew. You mix the chocolate cake in just one bowl!

Recipes begin on page 139.



AMAZING BANANA NUT ROLL

It's like an old-fashioned jelly roll, with one remarkable difference—you bake the filling and the cake together!

©1993 Campbell Soup Company

Now You Can Make Chicken, Beef, And Pasta From Vegetables.



Here's a bunch of delicious vegetable soups that can help you create everything from a creamy sauce to a crispy stir-fry, from delectable side dishes to dazzling main dishes.

Campbell's Never Underestimate The Power Of Soup.

Beef & Broccoli

Prep Time: 10 min. Cook Time: 20 min.

- 1 lb. boneless beef sirloin or top round steak, 3/4" thick
- 1 tbsp. vegetable oil
- 2 cups broccoli flowerets
- 1 medium onion, cut into wedges
- 1/8 tsp. garlic powder or 1 clove garlic, minced
- 1 can (10 3/4 oz.) Campbell's® Cream of Broccoli Soup
- 1/4 cup water
- 1 tbsp. soy sauce

1. Slice beef across the grain into thin strips.
2. In skillet, in 1 tbsp. hot oil, cook beef until browned, stirring often. Remove.
3. In remaining 1 tbsp. hot oil, cook broccoli and onion with garlic powder until tender-crisp, stirring often.
4. Add soup, water and soy. Heat to boiling. Return beef to skillet. Heat through, stirring occasionally. Serve over rice. Serves 4.





Cheddary Pasta & Vegetables

Prep Time: 10 min. Cook Time: 20 min.

- 1 1/2 cups dry corkscrew macaroni
- 2 medium carrots, sliced
- 1 cup broccoli flowerets
- 1 large sweet red or green pepper, chopped (optional)
- 1 can (10 3/4 oz.) Campbell's® Cream of Celery Soup
- 1/2 cup shredded Cheddar cheese
- 1/2 cup milk
- 1 tbsp. prepared mustard

1. In 4-qt. saucepan, prepare macaroni according to package directions. Add carrots, broccoli and pepper for last 5 min. of cooking time. Drain.
2. In saucepan, combine remaining ingredients. Over low heat, heat until cheese melts, stirring often. Add macaroni and vegetables. Heat through, stirring occasionally. Serves 5.

Creamy Chicken & Mushrooms

Prep Time: 10 min. Cook Time: 25 min.

- 2 tbsp. margarine
- 4 skinless, boneless chicken breast halves
- 1 1/2 cups sliced mushrooms
- 1 small onion, sliced
- 1/8 tsp. garlic powder or 1 clove garlic, minced
- 1 can (10 3/4 oz.) Campbell's® Cream of Mushroom Soup
- 1/2 cup milk
- 2 tbsp. dry sherry (optional)
- 1/8 tsp. pepper

1. In skillet, in 1 tbsp. hot margarine, cook chicken 10 min. or until browned on both sides. Remove.
2. In remaining 1 tbsp. hot margarine, cook mushrooms and onion with garlic powder until tender and liquid is evaporated, stirring often.
3. Add remaining ingredients. Heat to boiling. Return chicken to skillet. Cover; cook over low heat 5 min. or until chicken is no longer pink, stirring occasionally. Serves 4.

Serving suggestion: pictured with sliced new potatoes, green onion and thyme.





The bottomless cookie jar

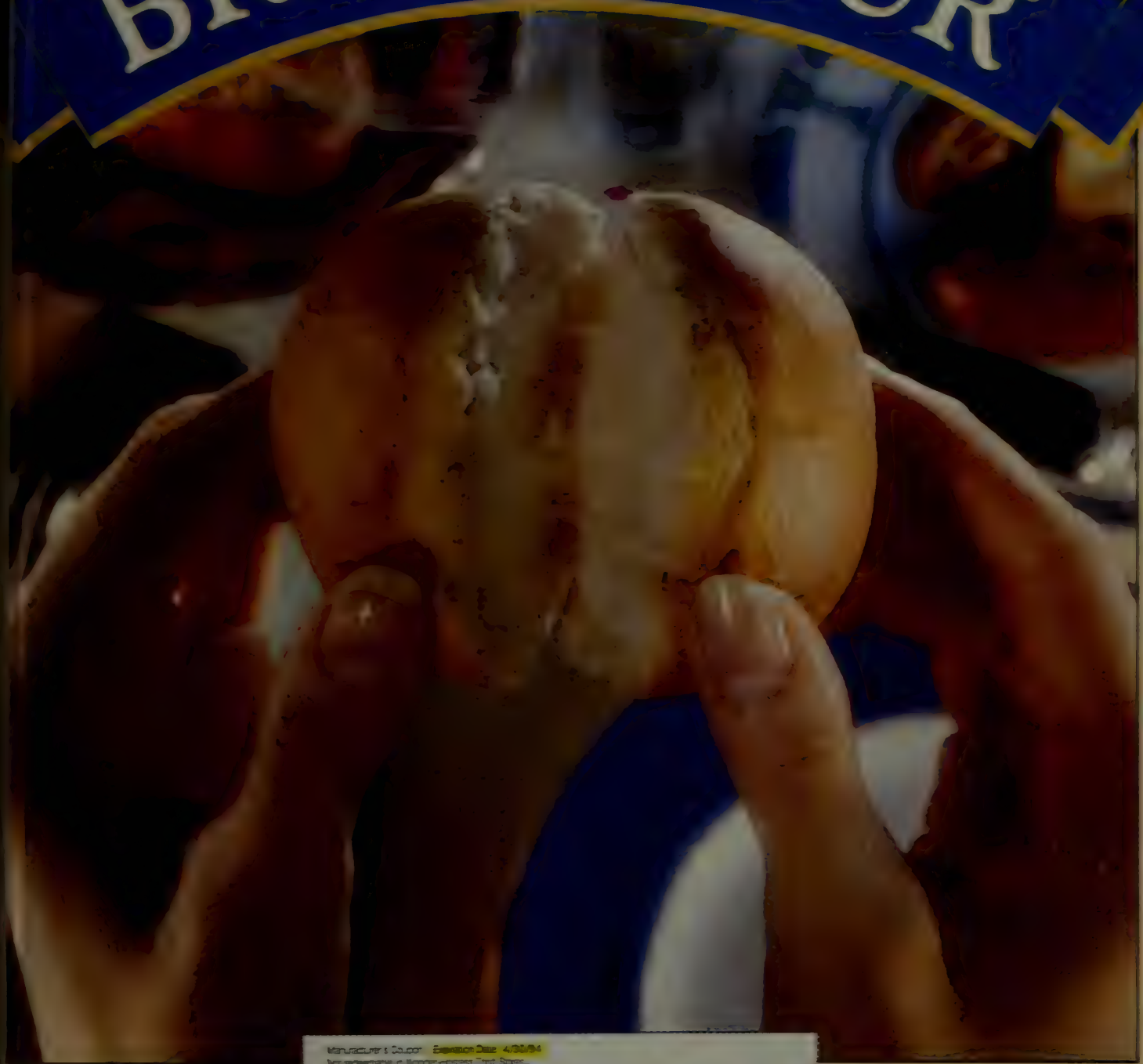
THREE-IN-ONE OATMEAL COOKIES

Ten-minute freezer dough is today's best-kept secret to fresh, homemade cookies. Thaw and shape your made-ahead dough into stacks of spicy raisin, nutty brickle, or old-fashioned gumdrop delights.

Recipes begin on page 142.

Save Yourself from Ho-Hum Meals.

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Holiday Cut-Outs You Can Create with Ease





PLAN 1–SANTA
(4'Height)



PLAN 2–REINDEER
(3'W x 4'H)



PLAN 3–SMALL REINDEER
(med. 28" Height / Sm. 9" Height)



PLAN 4–SLEIGH
(56"L x 35" H)



PLAN 5–ANGELS
(4' Height)

Create a season full of holiday magic by making these easy but impressive projects. For each project, simply cut out the pieces to shape using simple tools, sand, paint and fit together. Full-size patterns for all curved pieces are included. When the season's over, just disassemble and lay the pieces flat for space-saving storage. Projects are easy to paint, use common lumber and require minimal assembly. The experts at WOOD® magazine designed and built each project to assure professional results.

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(Butter Recipe)

The Toll House® Cookie Was Hard To Beat,



(Crisco Recipe)

Until Now.

Crisco's Ultimate Chocolate Chip Cookie recipe bakes up higher and stays softer and moister than the Toll House recipe made with butter. That's why, for better baking, cooks who know trust Crisco®.

The Ultimate Chocolate Chip Cookie

- ¾ cup Butter Flavor* Crisco
- 1¼ cups firmly packed light brown sugar
- 2 Tbsps. milk
- 1 Tbsp. vanilla
- 1 egg
- 1¾ cups all-purpose flour
- 1 tsp. salt
- ¾ tsp. baking soda
- 1 cup semi-sweet chocolate chips
- 1 cup large pecan pieces (optional)**

**Note: If nuts are omitted, use 1-1/2 cups semi-sweet chocolate chips.

1. Heat oven to 375° F.
2. Combine Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl.
3. Beat at medium speed of electric mixer until creamy.
4. Beat egg into creamed mixture.
5. Combine flour, salt and baking soda and mix into creamed mixture until just blended.
6. Stir in chocolate chips and pecan pieces.
7. Drop rounded tablespoonfuls (about 2 measuring tablespoons) of dough 3 inches apart onto ungreased baking sheet.
8. Bake at 375° F for 8 to 10 minutes for chewy cookies (cookies will appear moist - DO NOT OVERBAKE), or 11 to 13 minutes for crisp cookies.
9. Cool on baking sheet 2 min. Remove to foil on countertop.

Yield: About 2 1/2 Dozen Cookies.



...Cooks Who Know Trust Crisco

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NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition informatic The calorie count of each serving and the amount, in gran of fat, saturated fat, cholesterol, sodium, carbohydrate, fib and protein will help you keep tabs on what you eat.

You can also check the levels of each recipe serving f vitamin A, vitamin C, calcium, and iron. These are noted percentages of the Daily Value. The Daily Values a dietary standards determined by the Food and Dru Administration (FDA).

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

The analysis is calculated using two-percent milk, unle otherwise specified in the ingredients.

When ingredient choices appear in a recipe (such as ma garine *or* butter), we use the first one mentioned for analys The ingredient order does not mean we prefer one ingrec ent over the other.

We use the first serving size listed when a range is given

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods yc eat. The dietary guidelines below suggest the levels of nutı ents that moderately active adults should strive for each day:

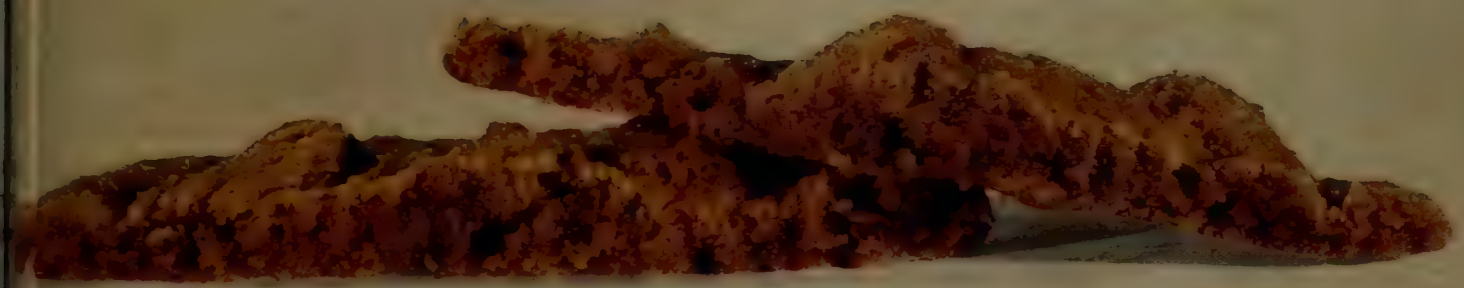
Calories: About 2,000
Total fat: less than 65 grams
Saturated fat: less than 20 grams
Cholesterol: less than 300 milligrams
Carbohydrate: about 300 grams
Sodium: less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

There's no real harm in going over or under these recon mended guidelines in any single day, but it is a good idea aim for a balanced diet over time for good health.



(Crisco Recipe)

or the Moist, Fudgy Taste of a Brownie in a Cookie, Crisco Rises Above Butter.



(Butter Recipe)

risco's chewy, fudgy, chocolaty, rich, gooey and oh-so-delicious brownie in a cookie bakes up
nsco 3g./Tbsp.
higher and moister than this popular cookie* made with butter. What's more, Crisco® is
utter 7g./Tbsp.
all-vegetable shortening and cup for cup, has 50% less saturated fat than butter.
Just a few more reasons why, for better baking, cooks who know trust Crisco.

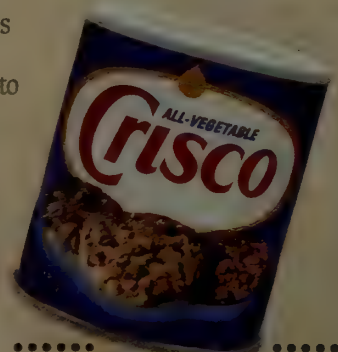
turated Fat Comparison.
isco 12g. total fat per tablespoon.

The Chewy Brownie Cookie

⅔ cup Crisco Shortening
1½ cups firmly packed light brown sugar
1 tablespoon water
1 teaspoon vanilla
2 eggs
1½ cups all-purpose flour
⅓ cup unsweetened baking cocoa
¼ teaspoon baking soda
½ teaspoon salt
2 cups semi-sweet chocolate chips (12 oz. pkg.)

1. Heat oven to 375°F.
2. Combine Crisco, light brown sugar, water and vanilla in a large mixing bowl.
3. Beat at medium speed of electric mixer until well blended. Beat eggs into creamed mixture.
4. Combine flour, cocoa, baking soda and salt. Mix into creamed mixture at low speed until just blended.
5. Stir in chocolate chips.
6. Drop rounded measuring tablespoonfuls 2 inches apart onto ungreased baking sheet.
7. Bake one baking sheet at a time at 375°F for 7 to 9 minutes, or until cookies are set. Cookies will appear soft and moist – DO NOT OVERBAKE.
8. Cool on baking sheet 2 minutes. Place sheets of foil on countertop. Remove cookies to foil to cool completely.

Yield: About 3 Dozen Cookies.



Cooks Who Know Trust Crisco

*From *Maida Heatter's Book of Great Cookies*; prepared without nuts. ©1993 Procter & Gamble



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9-inch pie plate. Ease pastry evenly into the pie plate, bei careful not to stretch or tear it. Cut out desired shapes fro center of remaining crust; set aside.

•**Spoon the apple filling** into the pastry-lined pie pla Trim pastry even with rim of pie plate. Moisten edges wi water. Center top crust atop filling. Fold top crust und bottom crust. With fingers, seal and flute edges (see phot graph, *below*). Brush the top crust with whipping cream milk. If desired, top with reserved pastry cutouts; bru cutouts with cream milk. Sprinkle the p with coarse and/ granulated suga Cover the edge of t pie with foil to preve overbrowning.

•**Bake the pie** in 375° oven for 30 mi utes. Remove foi Bake about 30 minut more or till the t crust is golden. Co slightly on a wire ra before serving. Ser pie warm with whipp cream, if desire Makes 8 servings.

continued page 12



HOW-TO PHOTOGRAPHS: SCOTT LITTLE

To flute edge of crust, press dough with thumb (from outside the pie plate) between the thumb and forefinger of the other hand (from inside the pie plate). Continue around the edge.

COOK LIKE GRANDMA RECIPES

continued from page 124

NO-PEEL APPLE PIE

The secret to no-peel apple pie lies in using tender-skinned baking apples. Opt for varieties such as Golden Delicious, Jonagold, or Jonathan—

- **1 15-oz. pkg. folded refrigerated unbaked piecrust (2 crusts)**
- **6 large apples, such as Golden Delicious, Jonagold, *or* Jonathan**
- **½ cup water**
- **2 Tbsp. lemon juice**
- **½ cup sugar**
- **2 Tbsp. all-purpose flour**
- **1½ tsp. apple pie spice**
- **Whipping cream *or* milk**
- **Coarse *and/or* granulated sugar**
- **Whipped cream (optional)**

•**Let piecrusts stand** at room temperature according to package directions. Meanwhile, core and slice unpeeled apples (you should have 8 cups). In a large mixing bowl combine apples with water and lemon juice; toss to coat.

•**For filling,** in a large mixing bowl stir together the ½ cup sugar, flour, and spice. Drain apples well; add to sugar mixture and toss gently to coat. Set aside.

•**Unfold 1 piecrust;** sprinkle with flour according to package directions. Center crust, floured side d



Easy, No-Boil Mexicana Lasagna

To Make: Brown beef and chopped pepper in large saucepan, drain. Stir in Chili-O, cut up, undrained tomatoes and undrained beans. Bring to boil, stir f Reduce heat, cover, simmer 10 min., stir occasionally. Reserve 1 2 cup Jack ch 13x9 inch baking pan, layer 1/3 meat sauce, 1/2 uncooked lasagna noodles, 1/ cheese, 3 4 cup of Jack cheese. Repeat layers, ending with sauce. Cover tightly with foil. Bake 1 hr. at 375 F until noodles are tender. Uncover, sprinkle with reserved Jack cheese. Let stand 10 minutes before serving.

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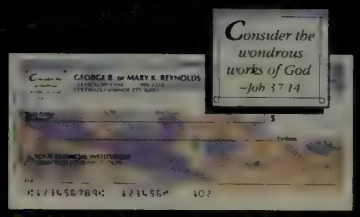
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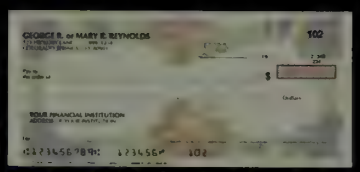
- 5 birthday cards with envelopes
- 1 sheet of gift wrap
- 14 stickers

Mailed separately

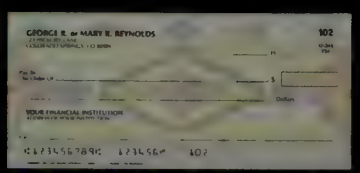
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Scripture 4 designs and 4 KJV verses



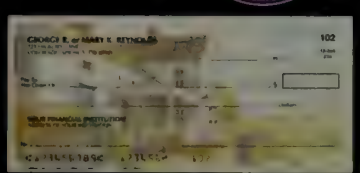
Summer Splendor 5 designs



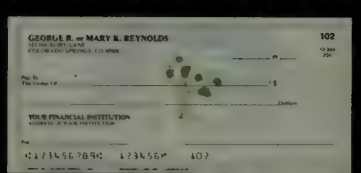
Shades of the Southwest 4 designs



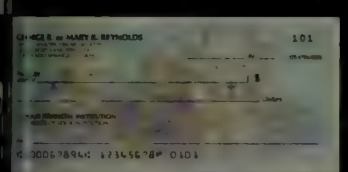
Marbled Fan 1 design FREE monogram!



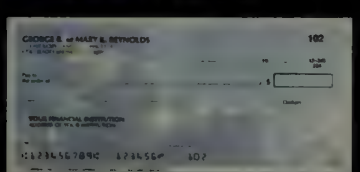
Countrysides™ 8 designs



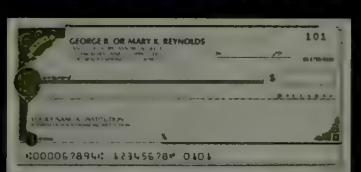
Endangered Young'uns®† 4 designs



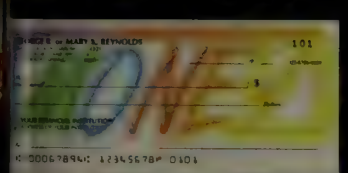
Lovable Plush Bears 4 designs



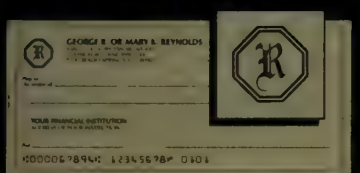
Nature's Majesty 5 designs



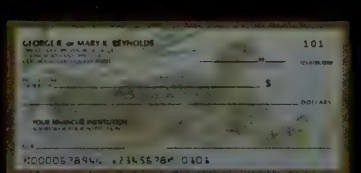
Certificate 1 design



Neon Money 1 design

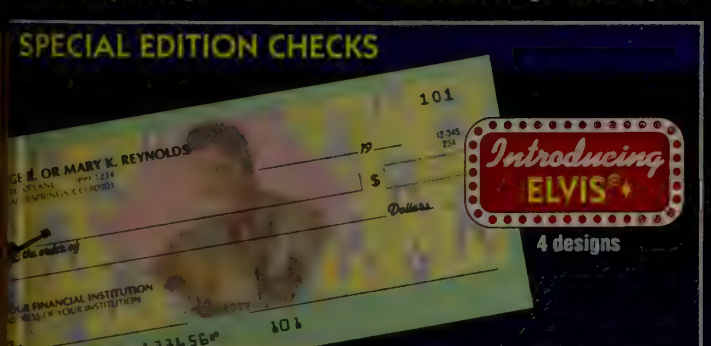


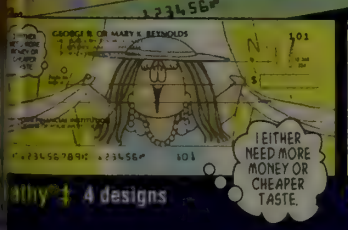
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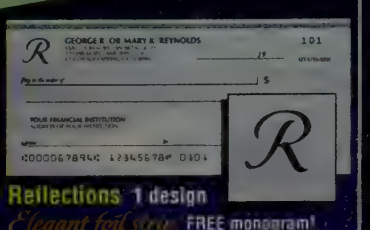
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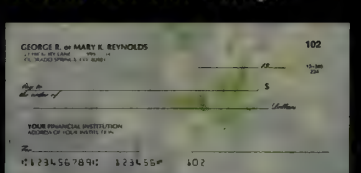




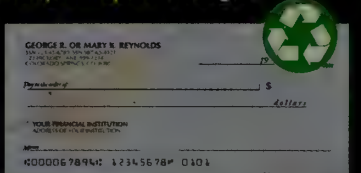
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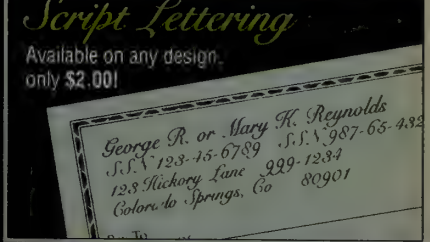
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COOK LIKE GRANDMA

continued from page 126

Nutrition facts per serving: 373 cal., 16 g total fat (1 g sat. fat), 18 mg chol., 212 mg sodium, 57 g carbo., 3 g fiber, 3 g pro. Daily Value: 1% vit. A, 1% vit. C, 1% calcium, 4% iron.

SUNDAY DINNER SUGGESTIONS

Lucky you. Fixing Sunday Dinner in the '90s is much easier with our streamlined recipes. And, if your family is small, you can scale back the number of dishes you serve. In fact, you can create two totally different meals from our Sunday-Best Dinner.

MENU 1: SOUTHERN-STYLE CHICKEN DINNER

Oven-Fried Chicken with Buttermilk Gravy
Creamy Mashed Potatoes
Homestyle Vegetables
Honey and Poppy Seed Biscuits

MENU 2: HEARTLAND SAMPLER

Swift Swiss Steak
Crouton-Topped Noodles
Steamed green beans
Candied Squash

OVEN-FRIED CHICKEN WITH BUTTERMILK GRAVY

Want old-fashioned taste in less than 10 minutes? Follow the quick broiling method for thin boneless breasts—

- **½ cup fine dry seasoned bread crumbs**
- **2 Tbsp. grated Parmesan cheese**
- **½ tsp. paprika**
- **3 lb. meaty chicken pieces (with bone)**
- **3 Tbsp. margarine *or* butter, melted**
- **1 1-oz. envelope chicken gravy mix**
- **1½ cups buttermilk**

•In a shallow dish combine bread crumbs, Parmesan cheese, and paprika; set aside. Rinse chicken; pat dry with paper towels. Brush chicken with some of the melted margarine or butter. If desired, sprinkle with salt and pepper. Dip chicken into crumb mixture, turning to coat.

•Arrange chicken in a shallow baking pan. Bake, uncovered, in a 425° oven for 30 to 35 minutes or till tender and no longer pink.

•For gravy, in a small saucepan prepare chicken gravy mix according to package directions, *except* use the 1½ cups buttermilk in place of the water called for in the package directions. Serve with chicken. Makes 6 main-dish servings.

Quick broiling directions: Use 6 skinless, boneless *large chicken breast halves* (1½ lb. total), instead of the meaty chicken pieces. Coat as above; arrange on the unheated rack of a broiler pan. Drizzle with any remaining margarine or butter. Broil 4 to 5 inches from the heat for 7 to 9 minutes or till tender and no longer pink, turning once during broiling.

Nutrition facts per serving: 325 cal., 15 g total fat (4 g sat. fat), 93 mg chol., 732 mg sodium, 12 g carbo., 0 g fiber, 34 g pro. Daily Value: 12% vit. A, 2% vit. C, 9% calcium, 9% iron.

SWIFT SWISS STEAK

Cubed steak, already pounded and tenderized, gives you a break from pounding the steaks yourself—

- **2 Tbsp. all-purpose flour**
- **½ tsp. onion salt**
- **¼ to ½ tsp. pepper**
- **6 beef cubed steaks (about 1½ lb. total)**
- **4 tsp. cooking oil**
- **1 14½-oz. can Italian-style stewed tomatoes**
- **1 8-oz. can tomato sauce**
- **½ tsp. dried savory *or* marjoram, crushed**
- **1 medium green sweet pepper, cut into strips**
- **Fresh marjoram (optional)**
- **1 recipe Crouton-Topped Noodles (see recipe, *page 134*) *or* 4½ cups hot cooked noodles**

•In a shallow dish stir together flour, onion salt, and pepper. Dip steaks into flour mixture, coating both sides. In a large skillet brown meat, *half* at a time, in hot oil. Drain off fat.

•Add *undrained* tomatoes, tomato sauce and savory or marjoram to skillet. Bring to boiling; reduce heat. Cover and simmer for 25 minutes, stirring occasionally. Add green pepper; cover and simmer for 5 to 7 minutes more or till meat and green pepper are tender.

continued on page 134

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Classic Karo® Pecan Pie

3 eggs, slightly beaten
1 cup Karo® Light or Dark Corn Syrup
1 cup sugar
2 Tbsp. butter or margarine, melted
1 tsp. vanilla
1½ cups pecans
1 unbaked (9") pastry shell

In large bowl, stir eggs, corn syrup, sugar, butter and vanilla until well blended. Stir in pecans. Pour into pastry shell. Bake in 350°F oven 50 to 55 minutes or until knife inserted halfway between center and edge comes out clean. Cool. Makes 8 servings.



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COOK LIKE GRANDMA

continued from page 128

•**Transfer meat** to a serving platter, reserving juices. Keep warm. Skim fat from juices; pour juices over meat. If desired, garnish with fresh marjoram. Serve meat with noodles. Makes 6 main-dish servings.

Nutrition facts per serving with ¾ cup Crouton-Topped Noodles: *487 cal., 17 g total fat (4 g sat. fat), 77 mg chol., 832 mg sodium, 47 g carbo., 1 g fiber, 34 g pro. Daily Value: 16% vit. A, 31% vit. C, 2% calcium, 37% iron.*

CROUTON-TOPPED NOODLES

Just pour boiling water over no-cook noodles. They're ready in 6 minutes—

4½ cups no-boil noodles*
3 Tbsp. margarine *or* butter
½ cup seasoned miniature croutons *or* ¼ cup fine dry seasoned bread crumbs

•**Prepare noodles** according to package directions; drain. Stir in *1 tablespoon* of the margarine or butter.

•**In a small microwave-safe bowl** micro-cook the remaining margarine or butter, uncovered, on 100% power (high) for 20 to 30 seconds or till melted. Add croutons or bread crumbs; toss gently to coat.

•**To serve, spoon noodles** into a serving dish. Sprinkle crouton or bread crumb mixture atop. Makes 6 side-dish servings.

****Note:*** To use regular noodles instead of no-boil noodles, cook them according to package directions first.

Nutrition facts per serving: *238 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 193 mg sodium, 37 g carbo., 0 g fiber, 7 g pro. Daily Value: 7% vit. A, 0% vit. C, 0% calcium, 13% iron.*

CREAMY MASHED POTATOES

Cream cheese turns instant potatoes into an incredibly delicious side dish. Your microwave oven makes them even more "instant"—

2 cups water
¾ to 1 cup milk
2 Tbsp. margarine *or* butter
¼ tsp. salt
2 cups instant mashed potato flakes
½ of an 8-oz. container soft-style cream cheese with chives and onion
Margarine *or* butter (optional)
Snipped chives (optional)

•**In a 1½-quart microwave-safe** casserole combine water, ¾ cup milk, margarine or butter, and salt. Stir in potato flakes. Cook, covered, on 100% power (high) for 5 to 7 minutes or till heated through.

•**Stir to rehydrate potatoes.** Stir in cream cheese. Add milk, if necessary, till of desired consistency. Cook, covered, on high about 1 minute or till heated through. If desired, top with margarine or butter and chives. Makes 6 side-dish servings.

Nutrition facts per serving: *186 cal., 10 g total fat (4 g sat. fat), 22 mg chol., 258 mg sodium, 18 g carbo., 1 g fiber, 3 g pro. Daily Value: 11% vit. A, 0% vit. C, 4% calcium, 0% iron.*

HOMESTYLE VEGETABLES

Ready-to-cook frozen vegetables get spunky with bottled salad dressing—

1 16-oz. pkg. loose-pack frozen brussels sprouts, cauliflower, and carrots
2 Tbsp. water
3 Tbsp. Italian salad dressing

•**In a 1½-quart microwave-safe** casserole cook vegetables, covered, in the water on 100% power (high) for 7 to 9 minutes or till crisp-tender, stirring once. Drain.

•**Add salad dressing;** toss gently to coat. Cook, covered, on high about 1 minute more or till heated through. Makes 4 side-dish servings.

Nutrition facts per serving: *74 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 88 mg sodium, 9 g carbo., 4 g fiber, 3 g pro. Daily Value: 88% vit. A, 90% vit. C, 1% calcium, 4% iron.*

CANDIED SQUASH

Squash cooks five times faster in your microwave than in your oven—

1 1-lb. acorn *and/or* butternut squash
1 Tbsp. brown sugar
1 Tbsp. maple syrup *or* maple-flavored syrup
1 tsp. butter-flavored mix *or* 1 Tbsp. margarine *or* butter, melted
Dash ground nutmeg

•**Halve squash lengthwise.** Scoop out seeds and discard. Arrange squash halves in a 2-quart square microwave-safe baking dish. Cover with microwave-safe plastic wrap; turn back one corner to vent. Cook
100% power (high) for 7 to 9 minut
or till tender, giving dish a half-tu
once. Drain.

•**Meanwhile, combine** brown sug
syrup, butter-flavored mix or ma
garine, and nutmeg. Slice squa
halves crosswise. Arrange in dis
Pour or spoon syrup mixture ov
squash. Cook, uncovered, on high f
60 seconds more. Makes 4 side-di
servings.

Nutrition facts per serving: *89 ca
0 g total fat (0 g sat. fat), 0 mg cho
14 mg sodium, 23 g carbo., 0 g fibe
1 g pro. Daily Value: 83% vit. A, 24
vit. C, 6% calcium, 6% iron.*

HONEY AND POPPY SEED BISCUITS

*Little extras make biscuit mix tas
like biscuits from scratch—*

½ cup cream-style cottage cheese
¼ cup milk
2 Tbsp. honey
2¼ cups packaged biscuit mix
1 Tbsp. poppy seed

•**In a food processor bowl**
blender container combine cottag
cheese, milk, and honey. Cover ar
process or blend till nearly smooth.

•**Prepare biscuit mix** for rolled
dropped biscuits according to packag
directions, *except* substitute the puree
mixture and poppy seed for the liqui
Bake as directed on the package dire
tions. Makes 12 to 14 biscuits.

Nutrition facts per biscuit: *12
cal., 4 g total fat (0 g sat. fat), 2 m
chol., 323 mg sodium, 19 g carbo., 1
fiber, 3 g pro. Daily Value: 1% vit.
0% vit. C, 2% calcium, 1% iron.*

SO-QUICK SEAFOOD CHOWDER

*Grandma's chowder always include
bacon. Open a can of cooked re
bacon pieces and forget the frying—*

12 oz. fresh *or* frozen fish fillets (such as salmon, orange roughy, *or* cod)
½ of a 24-oz. pkg. frozen hash brown potatoes with onions and peppers (3 cups)
1 cup water
1 12-oz. can evaporated milk*
1 10¾-oz. can condensed cream of shrimp *or* potato soup
½ of a 3-oz. can cooked bacon pieces (¼ cup)

continued on page 13

asty cream cheese is great for making asy cream cheese fruit squares hat look this delicious...



...and taste this delicious.

So try creamy, rich cream cheese in this easy recipe and see just how delicious it can look—and taste—for yourself.

sy Cream Cheese Fruit Squares

kes about 24 squares)

- cup sugar, divided
- cup butter
- ½ cups graham acker crumbs
- 3 packages (8 oz. each) cream cheese
- 4 eggs
- 1 tsp. vanilla extract
- 1 (21 oz.) can blueberry filling or topping

heat oven to 325°F. To prepare crust: In a medium saucepan place up sugar and butter; heat until butter is melted, stirring occasionally. n graham cracker crumbs; press mixture evenly over the bottom of a 9-in. baking pan. In a large bowl with an electric mixer beat cream ese until smooth. Gradually beat in remaining ¾ cup sugar. Beat in gs, one at a time, and vanilla, until well blended. Spoon blueberry fill- evenly over crust. Carefully pour cream cheese mixture over blue- es. Bake just until set, 45 to 50 minutes. Cool. Chill until cold, ut 2 hours or longer. Cut into 24 squares. Serve garnished with straw- y halves or mint leaves, if desired.



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Nutrition facts per serving: 253 cal., 10 g total fat (5 sat. fat), 39 mg chol., 671 mg sodium, 24 g carbo., 0 fiber, 17 g pro. Daily Value: 11% vit. A, 25% vit. C, 23 calcium, 8% iron.

SHORTCUT LASAGNA

If you like, you can assemble and chill this feed-a-crow favorite a day ahead. To serve, simply increase the fir baking time to 40 minutes (20 to 25 minutes for th microwave oven), then continue as the recipe directs—

- **½ lb. ground beef**
- **½ lb. bulk Italian sausage**
- **1 15-oz. can regular *or* low-sodium tomato sauce**
- **1 14½-oz. can Italian-style stewed tomatoes**
- **1 6-oz. can tomato paste**
- **1½ tsp. dried Italian seasoning, crushed**
- **½ tsp. pepper**
- **1 egg**
- **2 cups ricotta cheese *or* cream-style cottage cheese**
- **9 no-boil lasagna noodles**
- **1 8-oz. pkg. sliced mozzarella cheese**
- **¼ cup grated Parmesan cheese**
- **Fresh basil (optional)**

•**In a large saucepan cook** beef and sausage till brown Drain off fat. Stir in tomato sauce, *undrained* tomatoe tomato paste, Italian seasoning, and pepper; bring th mixture to boiling.

COOK LIKE GRANDMA

continued from page 134

- **2 tsp. snipped fresh dill *or* ¾ tsp. dried dillweed**
- **¼ tsp. pepper**
- **1 2-oz. jar diced pimiento, drained**
- **Fresh dill (optional)**

•**Thaw fish, if frozen.**** Rinse and drain. Cut fish into 1-inch pieces. Set aside.

•**Meanwhile, in a large saucepan** combine potatoes and water. Bring to boiling; reduce heat. Cover and simmer about 5 minutes or till tender.

•**Stir in evaporated milk,** condensed soup, bacon, dill or dillweed, and pepper. Return to boiling. Add fish and pimiento; reduce heat. Cover and simmer for 3 to 5 minutes more or till fish flakes easily when tested with a fork.

•**To serve, ladle** into serving bowls. If desired, garnish each serving with additional fresh dill. Makes 6 main-dish servings.

**Note:* Cut about 5 grams of fat per serving by using evaporated skim milk.

***Note:* To thaw fish, place unwrapped fish in a 2-quart square microwave-safe baking dish. Cover and cook on 30% power (medium-low) for 5 to 6 minutes, turning and separating fillets after 3 minutes. When thawed, the fish should be pliable and cold on the outside, but still slightly icy in the center of the thick areas.

Take It Easy Monday

Chicken 'N Gravy

Preparation Time: 14 minutes Cooking Time: 45 minu

- 1 Reynolds Oven Bag, large size (14" x 20")
- 2 tablespoons flour
- 1 pkg. (3/4 to 1 oz.) chicken gravy mix
- 1/4 teaspoon garlic powder
- 1-1/2 cups water
- 6 skinless chicken
- Seasoned salt &
- 4 medium carrots,
- 2 stalks celery, slic

•**Preheat** oven to 350° F.
•**Shake** flour in Reynolds Oven Bag; place in 13x9x2-inch baking
•**Add** gravy mix, garlic powder and water. Squeeze bag to blend ents. Sprinkle chicken with seasoned salt and pepper; place in t
•**Place** carrots and celery in bag around chicken.
•**Close** bag with nylon tie; cut 6 half-inch slits in top.
•**Bake** until chicken is tender, 45 to 50 minutes. Makes: 4 serving





Sunshine Barbecue Chicken

Preparation Time: 6 minutes Cooking Time: 45 minutes

- holds Oven Bag, size (14" x 20")
- spoons flour
- 1 cup barbecue sauce
- 1/4 cup orange juice
- 8 skinless chicken pieces

- eat oven to 350° F.
- flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan.
- barbecue sauce and orange juice to bag. Squeeze bag to blend dients. Add chicken to bag. Turn bag to coat chicken with sauce. ge chicken in an even layer.
- bag with nylon tie; cut 6 half-inch slits in top.
- until chicken is tender, 45 to 50 minutes. To serve, stir sauce; n over chicken. Makes: 4 servings.

ion information per serving: 251 calories, 7 grams fat (25% total calories).

Make It Easy Wednesday

Microwave directions: Cover with microwave-safe plastic wrap; turn back one corner to vent. Cook on 100% power (high) for 17 to 20 minutes or till hot in center, turning the dish twice. Let stand for 5 minutes before serving. If desired, garnish with basil. Makes 8 main-dish servings.

***Nutrition facts per serving**: 482 cal., 26 g total fat (13 g sat. fat), 117 mg chol., 918 mg sodium, 25 g carbo., 1 g fiber, 37 g pro. Daily Value: 31% vit. A, 29% vit. C, 53% calcium, 20% iron.*

CRANBERRY-PEAR COBBLER

Speed-cook the fruity filling in the microwave, then bake the biscuit topper till crisp and golden—

- **3 cups sliced, peeled, and cored pears**
- **1 16-oz. can whole cranberry sauce**
- **¼ cup sugar**
- **1 pkg. (6) refrigerated biscuits**
- **1 Tbsp. margarine *or* butter, melted**
- **1 Tbsp. sugar**
- **¼ tsp. ground nutmeg**
- **Half-and-half *or* light cream (optional)**
- **Fresh mint (optional)**

•**In a 1½-quart microwave-safe** casserole combine pears, cranberry sauce, and ¼ cup sugar. Micro-cook, covered, on 100% power (high) for 8 to 10 minutes or till mixture is bubbly and pears are slightly tender, stirring once.

•**Meanwhile, with scissors, snip edges of biscuits** to within ½ inch of center to form flower petals. Place biscuits

continued on page 138

Meanwhile, in a mixing bowl beat egg slightly with a ork. Stir in ricotta or cottage cheese.

To assemble, spread about *1 cup* of the hot meat mixre in the bottom of a 3-quart rectangular baking dish (for icrowave cooking, the dish should be microwave safe). over with 3 lasagna noodles, making sure that noodles *do ot touch the edge* of the dish (see photograph, *below*). over with another *1 cup* of meat mixture, *one-third* of the cotta mixture, and *one-third* of the mozzarella cheese. epeat with 2 more layers of noodles, meat mixture, ricotta heese, and mozarella. Sprinkle with armesan cheese. ake or micro-cook s directed.

***Baking directions**:* Cover with foil. ake in a 350° oven or 30 minutes. Uncover and bake or 10 to 15 minutes nore or till cheese is rown and noodles re tender. Let stand or 5 minutes before erving. If desired, arnish with basil. Makes 8 main-dish ervings.



Cover the meat filling crosswise with three lasagna noodles. Make sure the noodles do not touch the edge of the dish, so they can rehydrate properly.

Oh, So Easy Thursday

Saucy Beef Over Rice

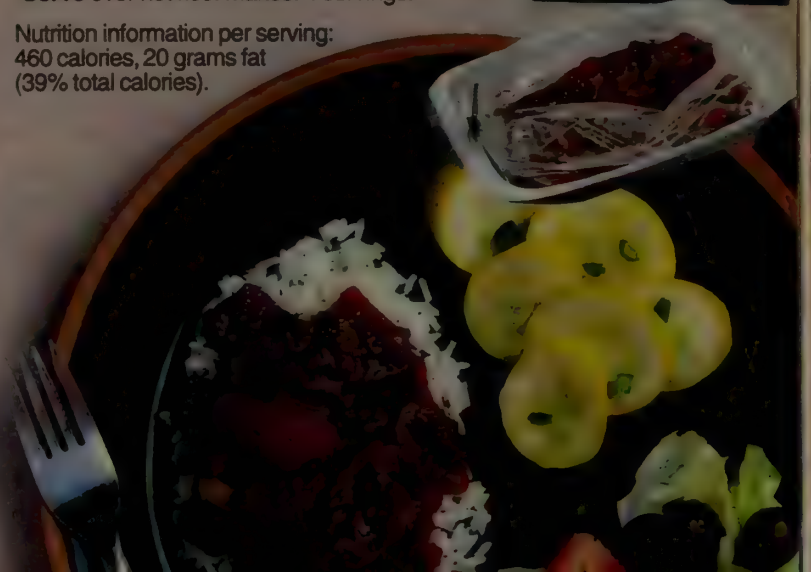
Preparation Time: 12 minutes Cooking Time: 40 minutes

- 1 Reynolds Oven Bag, large size (14" x 20")
- 2 tablespoons flour
- 1 can (14-1/2 oz.) stewed tomatoes
- 1 envelope onion soup mix
- 1/2 cup water
- 1/4 teaspoon pepper
- 1 pound beef sirloin steak, cut in thin strips
- 2 cups hot cooked rice

•**Preheat** oven to 350° F.
•**Shake** flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan.
•**Add** undrained tomatoes, soup mix, water and pepper to bag. Squeeze bag to blend ingredients. Add beef strips to bag. Turn bag to coat beef with sauce. Arrange ingredients in an even layer.
•**Close** bag with nylon tie; cut 6 half-inch slits in top.
•**Bake** until beef is tender, 40 to 45 minutes.
•**Serve** over hot rice. Makes: 4 servings.



Nutrition information per serving:
460 calories, 20 grams fat
(39% total calories).



Pasta Discovers The Missing Lin

Add Hillshire Farm Smoked Sausage to pasta and gain a new appreciation for fast food.



Sausage Spaghetti: 16 minutes

1 to 1½ lbs. Hillshire Farm Links, such as Lite Hot Links or CheddarWurst, sliced; 1 lb. spaghetti, uncooked; ¾ cup green pepper or mushrooms; your favorite spaghetti sauce. In skillet, lightly saute links with peppers or mushrooms. Stir in spaghetti sauce. Simmer uncovered for 10 minutes, stirring occasionally. Serve over cooked spaghetti. Serves 6.

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COOK LIKE GRANDMA

continued from page 137



Arrange the flower-shaped biscuits on top of the hot cooked filling.

atop hot filling (see photograph, *above*). Brush with melted margarine or butter. In a small bowl combine the 1 tablespoon sugar and nutmeg; sprinkle over biscuits.

•Bake, uncovered, in a 400° oven for 10 to 12 minutes or till biscuits are golden. Serve warm.

•To serve, spoon fruit and biscuits into serving bowls. If desired, serve with half-and-half or light cream. Garnish with fresh mint. Makes 6 servings.

Nutrition facts per serving: 278 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 225 mg sodium, 65 g carbo., 3 g fiber, 2 g pro. Daily Value: 3% vit. A, 12% vit. C, 1% calcium, 5% iron.

PLUMP APPLE DUMPLINGS WITH CARAMEL SAUCE

Remember to thaw one sheet of puff pastry 20 minutes ahead. Keep the remaining sheet in the freezer—

- **1 sheet frozen puff pastry**
- **4 medium cooking apples (such as Golden Delicious or Jonathan**
- **1 Tbsp. sugar**
- **1 tsp. ground cinnamon**
- **1 slightly beaten egg**
- **1 tsp. water**
- **½ cup caramel ice-cream topping**
- **⅓ cup toasted chopped pecan halves**

•Thaw and unfold puff past according to package directions. On lightly floured surface, roll pastry in a 16-inch square. Trim to four 7-in squares, using a fluted pastry cutter table knife. Reserve pastry trimmin Set aside.

•Core apples. If necessary, trim b toms of apples so they stand uprig Place one apple in the center of ea pastry square. Combine sugar and ci namon; spoon into centers of apples.

•Combine beaten egg and wate Moisten the edges of the pastry wi egg mixture; fold corners to cent atop fruit. Pinch to seal, pleating a folding pastry along seams as nece sary. Place dumplings in an ungreas 13x9x2-inch baking pan.

•Using a knife or small cookie cu ter, cut leaf shapes from pastry trin mings; score veins in leaves. F curved leaves, drape leaves ov crumpled foil on another baking she (see photograph, *page 139*).

•Brush wrapped apples and le cutouts with egg mixture. Sprinkl leaves with sugar.



o give the pastry leaf cutouts a nat-ral curl, drape them over crumpled oil on a baking sheet.

•Bake dumplings in a 400° oven bout 35 minutes or till fruit is tender nd pastry is brown. Add pastry leaves he last 5 minutes of baking.

•Meanwhile, for sauce, in a 2-cup glass measure combine caramel top-ping and pecans. Micro-cook, uncov-ered, on 100% power (high) for 30 to 60 seconds or till heated through.

•To serve, moisten bottoms of baked pastry leaves with caramel sauce; place on top of the baked dumplings, gently pressing in place. Serve dumplings warm with caramel-pecan sauce. Makes 4 servings.

Nutrition facts per serving: 534 cal., 27 g total fat (1 g sat. fat), 53 mg chol., 389 mg sodium, 72 g carbo., 3 g fiber, 6 g pro. Daily Value: 3% vit. A, 1% vit. C, 3% calcium, 5% iron.

SHORT 'N' SWEET CARAMEL BUBBLE RING

Serve this sticky pull-apart bread for brunch or breakfast. Both adults and kids will love it—

- **⅓ cup chopped pecans**
- **¾ cup sugar**
- **4 tsp. ground cinnamon**
- **2 11-oz. pkgs. (16) refrigerated breadsticks**
- **⅓ cup margarine or butter, melted**
- **½ cup caramel ice-cream topping**
- **2 Tbsp. maple-flavored syrup**

•Generously grease a 10-inch fluted tube pan. Sprinkle about *half* of the pecans in the bottom of the pan. Set aside. Stir together sugar and cinnamon; set aside.

•Separate each package of dough into 8 pieces, making 16 total. *Do not unroll.* Cut the pieces in half crosswise. Dip each piece of dough into melted margarine or butter, then roll in sugar mixture. Arrange dough pieces, spiral side down, in the prepared pan (see photograph, *page 140*).

•Sprinkle with remaining pecans. In a measuring cup stir together caramel topping and maple-flavored syrup; drizzle over dough in pan.

•Bake in a 350° oven about 35 minutes or till dough is light brown, covering with foil the last 10 minutes to prevent overbrowning.

•Let stand for 1 minute only. (If it stands for more than 1 minute, the ring will be difficult to remove from pan.) Invert onto a serving platter. Spoon any topping and nuts remaining in the pan onto rolls. Serve warm. Makes 10 to 12 servings.

Nutrition facts per serving: 347 cal., 12 g total fat (3 g sat. fat), 0 mg

continued on page 140

Throw Stir-Fry For A Loop.

d Hillshire Farm Smoked Sausage stir-fry and gain a v appreciation for t food.



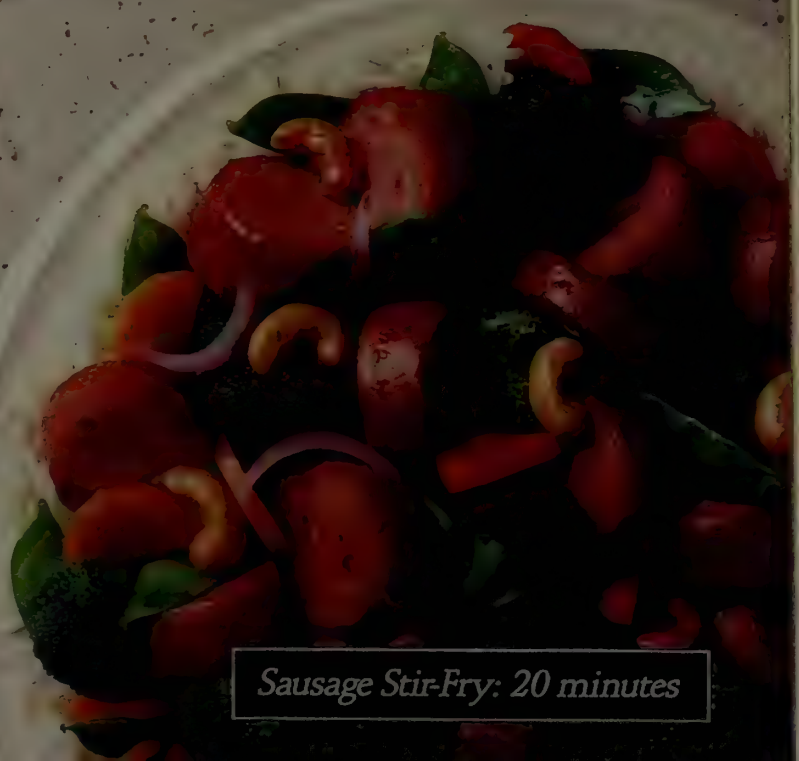
ausage Stir-Fry: 20 minutes

o 1½ lbs. Hillshire Farm e, Original, or Turkey Smoked Sausage or Polska ielbasa, sliced; 4 cups vegetables; 4 cups cooked e; ½ cup cashew nuts. Brown sausage in skillet. emove and drain. In same pan, cook vegetables til tender. Add sausage and cashew nuts. Cook minutes until warm. Serve over rice. Serves 6.

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illshire arm

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Sausage Stir-Fry: 20 minutes

COOK LIKE GRANDMA

continued from page 139



Place the cinnamony dough spirals, flat side down, atop the nuts in the bottom of the tube pan.

chol., 503 mg sodium, 57 g carbo., 0 g fiber, 5 g pro. Daily Value: 8% vit. A, 1% vit. C, 2% calcium, 14% iron.

ONE-BOWL CHOCOLATE CAKE

Stir up this scratch cake in nearly the same time as a mix—

- **2 cups all-purpose flour**
- **2 cups sugar**
- **½ cup unsweetened cocoa powder**
- **1 tsp. baking powder**
- **¾ tsp. baking soda**
- **¼ tsp. salt**
- **1½ cups milk**
- **½ cup margarine or butter, softened**
- **1 tsp. vanilla**
- **2 eggs**
- **1 recipe No-Cook Chocolate Frosting**

•**Grease and flour** two 9x1½-inch round baking pans; set aside. In a large mixing bowl stir together flour, sugar, cocoa powder, baking powder, baking soda, and salt. Add milk, margarine or butter, and vanilla. Beat with an electric mixer on low speed till combined. Beat on high speed for 2 minutes more. Add eggs; beat for 2 minutes more.

•**Pour batter into prepared pans.** Bake in a 350° oven about 35 minutes or till a toothpick inserted near the center comes out clean.

•**Cool in pans on a wire rack** for 10 minutes. Remove from the pans. Cool completely on the wire rack.

•**To frost, place one layer of cake** top side down, on a serving platter. Spread about *½ cup* of the No-Cook Chocolate Frosting on top of the cake layer. Place the second cake layer, top side up, on top of the frosted layer. Spread sides with a thin layer of frosting to seal in crumbs. Add another layer to the sides; spread remaining frosting on top of the cake. Makes 12 servings.

No-Cook Chocolate Frosting: In a large mixing bowl stir together 3 cups *unsifted powdered sugar* and ½ cup *unsweetened cocoa powder*. Add ½ cup cut-up *margarine* or *butter*, ⅓ cup *boiling water*, and 1 teaspoon *vanilla*. Beat with an electric mixer on low speed till combined. Beat for 1 minute on medium speed. Cool for 20 to 30 minutes or till frosting is of spreading consistency. Frosts top and sides of two 8- or 9-inch cake layers.

Nutrition facts per serving: *482 cal., 18 g total fat (4 g sat. fat), 38 mg chol., 329 mg sodium, 77 g carbo., 1 g fiber, 6 g pro. Daily Value: 28% vit. A, 1% vit. C, 17% calcium, 13% iron.*

Spirited Chocolate Cake: Prepare as directed, *except* decrease milk to *1¼ cups* and add ¼ cup *liqueur* (such as hazelnut, créme de cacao, coffee, amaretto, cherry, or raspberry). For the frosting, decrease the boiling water to *¼ cup* and substitute 1 tablespoon *liqueur* for the vanilla.

Nutrition facts per serving: *504 cal., 18 g total fat (3 g sat. fat), 37 mg chol., 6 g pro., 80 g carbo., 1 g fiber, 327 mg sodium. Daily Value: 27% vit. A, 0% vit. C, 16% calcium, 13% iron.*

AMAZING BANANA NUT ROLL

Shaping a jelly roll used to be a multi-step process—rolling, cooling, filling, and rerolling. Now you bake the cake and filling together and roll just once—

- **1 8-oz. pkg. cream cheese, softened**
- **1 3-oz. pkg. cream cheese, softened**
- **½ cup sugar**
- **1 egg**
- **3 Tbsp. milk**

• • •

- **½ cup all-purpose flour**
- **½ tsp. baking powder**
- **¼ tsp. baking soda**
- **4 egg yolks**
- **½ tsp. vanilla**
- **⅓ cup sugar**
- **1 large banana, mashed (about ½ cup)**



Carefully spread the cake batter evenly over the cream cheese filling in the baking pan.



Starting with a narrow end, roll up the cake and filling, using a towel as a guide.

- **½ cup finely chopped walnuts or pecans**
- **4 egg whites**
- **½ cup sugar**
- **1 recipe Cream Cheese Frosting**
- **Chocolate-flavored syrup (optional)**

•**Lightly grease** a 15x10x1-inch baking pan. Line bottom with waxed paper; grease paper. Set aside.

•**For filling,** in a small mixing bowl combine cream cheese and ½ cup sugar; beat with an electric mixer on medium speed till smooth. Add whole egg and milk; beat till combined. Spread in the prepared pan; set aside.

•**For cake,** in a medium mixing bowl stir together flour, baking powder, and baking soda; set aside.

•**In a small mixer bowl beat** egg yolks and vanilla on medium speed about 5 minutes or till thick and lemon colored. Gradually add the ⅓ cup sugar, beating till sugar is dissolved. Stir in banana and nuts.

•**Thoroughly wash the beaters.** In a large mixing bowl beat the egg whites on medium speed till soft

continued on page 142

How To Pick A Flour.

Contrary to popular belief, all flours are not created equal. *Read on and find out more about the one flour more people pick than any other. Gold Medal Flour.*

Gold Medal earned its name by winning this prestigious award at the First Millers International Exhibition in 1880.

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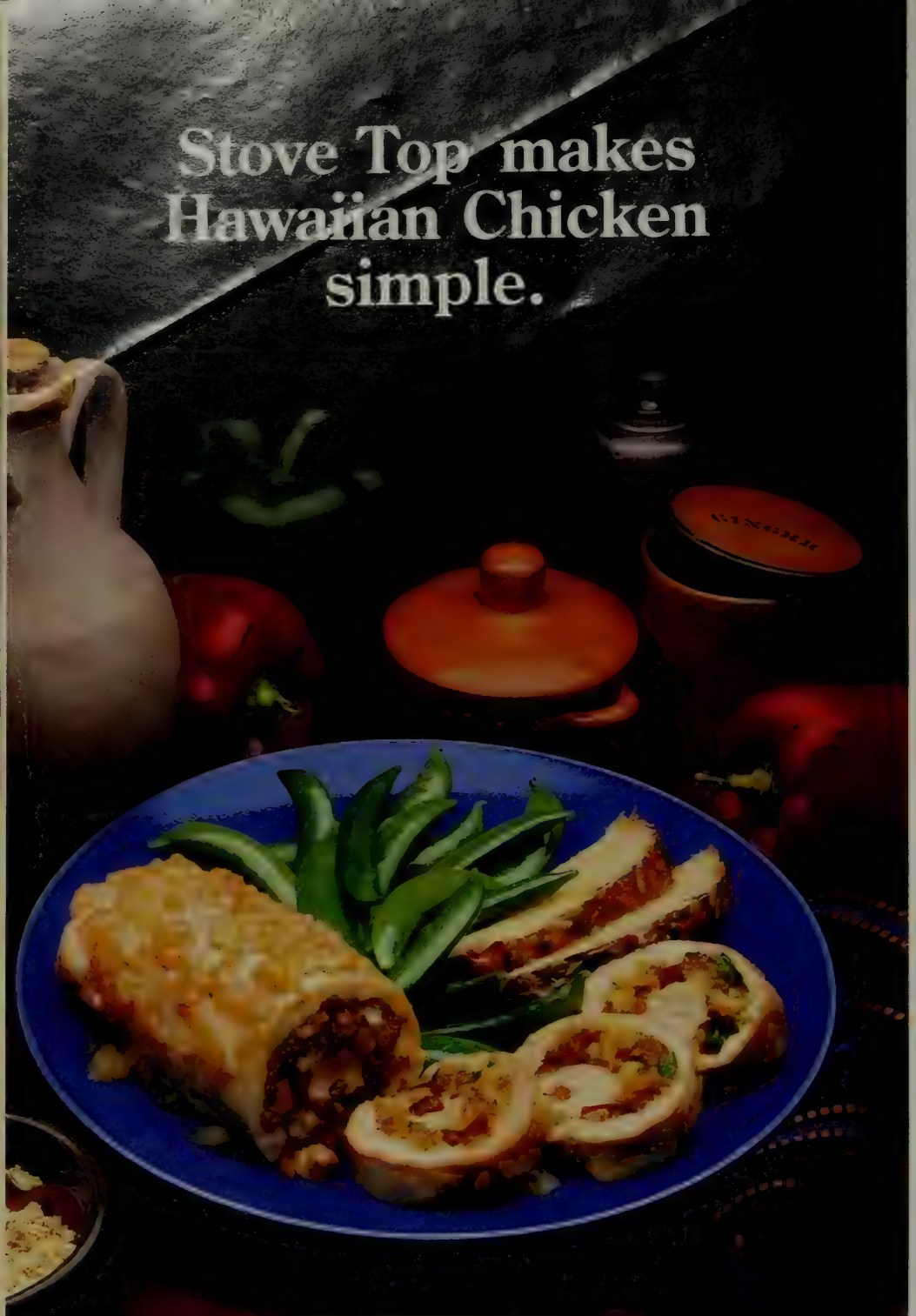
That way you can be sure of consistent results time after time, recipe after recipe. We guarantee it.





Bake with Gold Medal. America's #1 flour.

Stove Top makes Hawaiian Chicken simple.



Stove Top®
STUFFING MIX

Hawaiian Stuffed Chicken Breasts

2/3 cup hot water
2 Tbsp. margarine
2 cups STOVE TOP® in the Canister Chicken Flavor Stuffing Mix
1 can (8 1/4 oz.) crushed pineapple in syrup
4 boneless, skinless chicken breast halves, pounded 1/4" thick
1 medium green pepper*, chopped
2 Tbsp. brown sugar
2 Tbsp. vinegar
1/4 tsp. ground ginger

- Heat oven to 400° F.
- Mix hot water and margarine in bowl. Stir in stuffing mix, pepper, half the pineapple and syrup.
- Spoon stuffing evenly on chicken; roll tightly. Secure with toothpicks. Place in 9" square pan with any remaining stuffing in center.
- Mix remaining pineapple and syrup, sugar, vinegar and ginger. Spoon over chicken. Bake 30 minutes or until thoroughly cooked.

*or use 1/2 red pepper and 1/2 green pepper. Makes 4 servings.



For more recipes write KGF, P.O. Box 23682, [illegible]

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COOK LIKE GRANDMA

continued from page 140

peaks form (tips curl). Gradually add the ½ cup sugar, beating on high speed till stiff peaks form (tips stand straight).

- **Fold yolk mixture** into egg whites. Sprinkle the flour mixture evenly over egg mixture; fold in just till blended.
- **Carefully spread the batter** evenly over the filling in the pan (see photograph, *page 140*). Bake in a 375° oven for 15 to 20 minutes or till the cake springs back when lightly touched.
- **Immediately loosen the cake** from sides of pan and turn out onto a towel sprinkled with powdered sugar. Carefully peel off paper. Starting with narrow end, roll up cake using towel as a guide (see photograph, *page 140*). (Do not roll towel into cake.) Cool completely on a wire rack.
- **Spread top** with Cream Cheese Frosting. If desired, drizzle with chocolate syrup. Makes 10 servings.

Cream Cheese Frosting: In a small mixing bowl combine *half* of a 3-ounce package *cream cheese,* softened, and ½ teaspoon *vanilla;* beat with an electric mixer on medium speed till light and fluffy. Gradually beat in 1 cup *unsifted powdered sugar.* Beat in enough *milk* (1 to 2 tablespoons) to make a frosting of spreading consistency. Makes about ½ cup frosting.

Nutrition facts per serving: *400 cal., 19 g total fat (9 g sat. fat), 146 mg chol., 162 mg sodium, 51 g carbo., 1 g fiber, 8 g pro. Daily Value: 29% vit. A, 2% vit. C, 4% calcium, 9% iron.*

THREE-IN-ONE OATMEAL COOKIES

Remember to thaw the frozen dough in the refrigerator the night before you want to bake your choice of cookie flavors—

1½ cups margarine or butter
3 cups all-purpose flour
2 cups packed brown sugar
1 cup sugar
2 eggs
¼ cup milk
2 tsp. baking powder
2 tsp. vanilla
½ tsp. baking soda
2 cups rolled oats

•**In a very large mixing bowl beat** margarine or butter with an electric mixer on medium to high speed for 30 seconds. Add about *half* of the flour, the brown sugar, sugar, eggs, milk, baking powder, vanilla, and baking soda. Beat till combined. Beat or stir in remaining flour. Use a wooden spoon to stir in oats.

•**Divide dough into 3 portions;** form into balls. Wrap each in freezer wrap; seal, label, and freeze for up to 6 months.

•**Before baking, thaw dough** overnight in the refrigerator. Choose one of the following cookie variations. Stir ingredients for desired cookie into one portion of thawed dough.

•**Drop dough** onto an ungreased cookie sheet. (For large cookies, drop into scant ¼-cup mounds 4 inches apart; for small cookies, drop from a tablespoon 2 inches apart.) Bake in a 375° oven till edges are golden but centers are soft, allowing 13 to 15 minutes for large cookies and 9 to 11 minutes for small cookies. Cool on the cookie sheet for 1 minute. Cool on wire rack(s). Makes about 11 large cookies or 32 small cookies.

Spicy Raisin Rounds: Stir in 1 cup *raisins* or *currants*, 1 teaspoon *ground cinnamon*, and ¼ teaspoon *ground cloves*. Continue as directed.

Nutrition facts per large cookie: *249 cal., 9 g total fat (2 g sat. fat), 13 mg chol., 145 mg sodium, 41 g carbo., 1 g fiber, 3 g pro. Daily Value: 14% vit. A, 1% vit. C, 5% calcium, 10% iron.*

Nutty Brickle Chippers: Stir in 1 cup chopped *chocolate-covered English toffee* or *semisweet chocolate pieces* and ½ cup chopped *walnuts* or *hazelnuts*. Continue as directed.

Nutrition facts per large cookie: *325 cal., 17 g total fat (2 g sat. fat), 18 mg chol., 207 mg sodium, 41 g carbo., 1 g fiber, 4 g pro. Daily Value: 15% vit. A, 0% vit. C, 5% calcium, 9% iron.*

Gumdrop Cookies: Stir in 1 cup snipped or chopped *gumdrops* or *candy-coated milk chocolate pieces*. Continue as directed.

Nutrition facts per large cookie: *268 cal., 9 g total fat (2 g sat. fat), 13 mg chol., 149 mg sodium, 45 g carbo., 1 g fiber, 2 g pro. Daily Value: 14% vit. A, 0% vit. C, 3% calcium, 8% iron.*

FIX-AND-FORGET PORK CHOPS AND RICE

No browning needed. These chops bake tender and juicy on a creamy bed of vegetables and rice—

1½ cups quick-cooking rice
1½ cups water
1 11-oz. can whole kernel corn with sweet peppers



Serve the pork chops and rice with colorful fruits and vegetables.

1 medium carrot, shredded
1 Tbsp. dried minced onion
¼ to ½ tsp. dried thyme, crushed
1 10¾-oz. can low-fat, low-sodium condensed cream of mushroom soup
4 pork chops, cut ½ inch thick
Dash salt
Dash pepper
¼ cup fine dry seasoned bread crumbs
½ tsp. paprika
1 Tbsp. margarine or butter, melted

•**In a medium saucepan combine** *uncooked* rice, water, *undrained* corn, carrot, onion, and thyme; bring to boiling. Stir in soup. Transfer mixture to a 2-quart rectangular baking dish.

•**Trim excess fat from chops;** sprinkle with salt and pepper. Arrange on rice mixture. Cover with foil. Bake in a 375° oven for 15 minutes.

•**Stir together** bread crumbs and paprika. Add margarine or butter; toss gently to mix.

•**Remove foil from chops;** sprinkle paprika mixture atop. Bake, uncovered, about 15 minutes more or till rice is tender and pork is slightly pink just near the bone. Makes 4 servings.

continued on page 144

Simply measure out just what you need.



Stove Top® Stuffing in the Canister makes delicious recipes like Hawaiian Chicken simple, because it's easy to measure out a little or a lot. So whether you enjoy it in a recipe or as a side dish, Stove Top® makes meals simply delicious.

You can never get enough Stove Top® Stuffing.

COOK LIKE GRANDMA

continued from page 143

Nutrition facts per serving: 495 cal., 17 g total fat (5 g sat. fat), 76 mg chol., 898 mg sodium, 58 g carbo., 2 g fiber, 28 g pro. Daily Value: 57% vit. A, 16% vit. C, 4% calcium, 22% iron.

STEP-SAVING SWEET POTATO BREAD

Instead of carrot or pumpkin, add sweet potatoes to a quick bread mix—

- **1 15- to 16-oz. pkg. nut quick bread mix**
- **2 tsp. ground cinnamon**
- **¼ tsp. ground nutmeg**
- **¼ tsp. ground ginger *or* ⅛ tsp. ground cloves**
- **1 cup water**
- **½ cup drained and mashed canned sweet potatoes *or* canned pumpkin**
- **1 beaten egg**
- **2 Tbsp. cooking oil**
- **1 recipe Orange Icing**

• **Grease and lightly flour** five 4½x2½x1½-inch loaf pans or one 8x4x2-inch loaf pan; set aside.

• **In a large mixing bowl stir** together mix, cinnamon, nutmeg, and ginger or cloves. Add water, potato or pumpkin, egg, and oil. Stir just till moist.

• **Pour batter into pan(s).** Bake in a 350° oven till a toothpick inserted near center(s) comes out clean, allowing 30 to 35 minutes for small pans or 60 to 65 minutes for large pan.

• **Cool in the pan(s)** on a wire rack for 10 minutes. Remove from pans; cool completely on rack. If desired, wrap and store loaves overnight in a cool, dry place for easier slicing.

• **Before serving, drizzle loaves** with Orange Icing. Makes 5 mini loaves (20 slices total) or 1 large loaf (16 slices).

Orange Icing: In a small mixing bowl stir together 1 cup *unsifted powdered sugar* and enough *orange juice* to make of drizzling consistency (about 1 tablespoon).

Nutrition facts per mini-loaf slice: 133 cal., 3 g total fat (1 g sat. fat), 11 mg chol., 110 mg sodium, 23 g carbo., 0 g fiber, 2 g pro. Daily Value: 14% vit. A, 4% vit. C, 1% calcium, and 4% iron.

ARE YOU A CLEVER COOK?

***Better Homes and Gardens*® magazine wants your niftiest kitchen tips. We will pay $25 for each tip that we publish. Please send your tips to: The Clever Cook, BH&G Food Dept., 1716 Locust St., Des Moines, IA 50309-3023.**



Bake five mini loaves for gift-giving or one large loaf for the family.

MICROWAVE NOTE

Our microwave recipes are thoroughly tested in a variety of microwave ovens, including high-wattage (600 to 700 watt) and low-wattage (400 to 500 watts) ovens. If the low-wattage cooking times differ from the high-wattage times, they appear in parentheses.

OCTOBER RECIPE INDEX

HOW TO COOK LIKE GRANDMA RECIPES

Amazing Banana Nut Roll.....140
Candied Squash.....134
Cranberry-Pear Cobbler.....137
Cream Cheese Frosting.....142
Creamy Mashed Potatoes.....134
Crouton-Topped Noodles.....134
Fix-and-Forget Pork Chops and Rice.....143
Gumdrop Cookies.....143
Homestyle Vegetables.....134
Honey and Poppy Seed Biscuits.....134
No-Cook Chocolate Frosting....140
No-Peel Apple Pie.....126
Nutty Brickle Chippers.....143
One-Bowl Chocolate Cake.....140
Orange Icing.....144
Oven-Fried Chicken with Buttermilk Gravy.....128
Plump Apple Dumplings with Caramel Sauce.....138
Short 'n' Sweet Caramel Bubble Ring.....139
Shortcut Lasagna.....136
So-Quick Seafood Chowder....134
Spicy Raisin Rounds.....143
Spirited Chocolate Cake.....140
Step-Saving Sweet Potato Bread.....144
Swift Swiss Steak.....128
Three-in-One Oatmeal Cookies.....142

PRIZE-TESTED RECIPES

Chili Cornbread Pie.....151
Choco-Peanut Butter Pie.....152
Creamy Turkey Pie.....152
Peanut Butter 'n' Chocolate Soufflés.....151

BEST-LOVED RICE RECIPES

Easy Risotto.....146
Fried Rice.....146
Indian-Style Pilaf.....146

TODAY'S BREAD PUDDING RECIPE

Orange Bread Pudding with Warm Maple Sauce.....154

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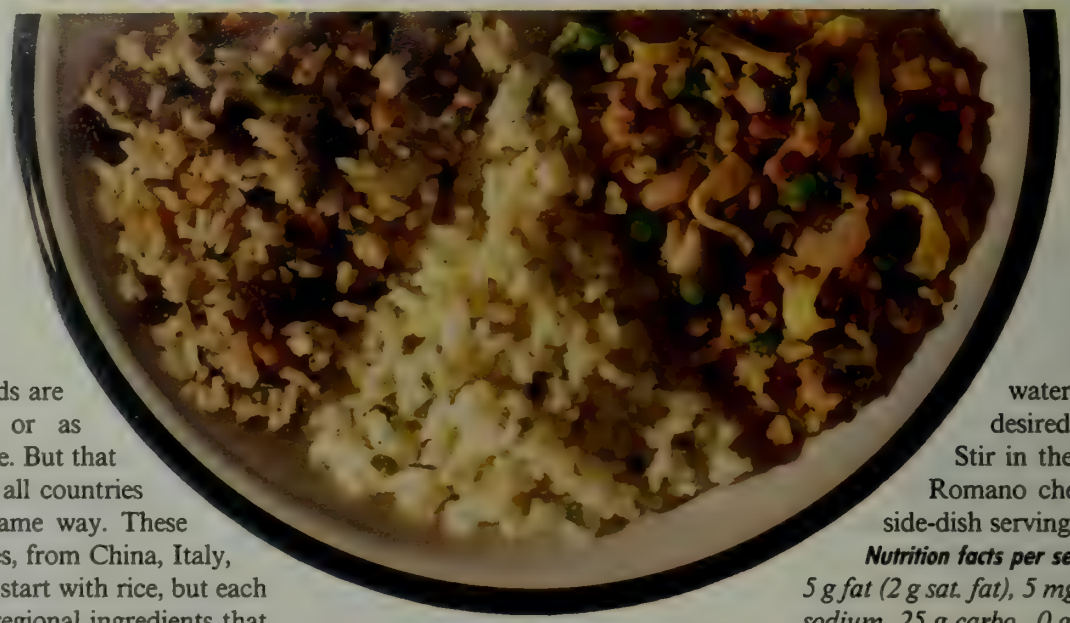


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You've Thought Of It All.

BEST-LOVED RICE DISHES FROM AROUND THE WORLD



Left to right: ***Fried Rice, Easy Risotto, and Indian-Style Pilaf***

Few foods are as universal or as popular as rice. But that doesn't mean all countries cook it the same way. These rice side dishes, from China, Italy, and India, all start with rice, but each uses favorite regional ingredients that make it distinctive and delicious.

FRIED RICE

Chinese vendors sell fried rice as a fast-food meal or snack—

- **2 Tbsp. cooking oil**
- **2 beaten eggs**
- **2 green onions, thinly sliced**
- **1 4½-oz. can small shrimp, rinsed and drained**
- **½ cup finely chopped, fully cooked ham *or* chicken**
- **1 7-oz. jar whole straw mushrooms, drained, *or* one 6-oz. can sliced mushrooms, drained**
- **3 cups cooked white rice, chilled**
- **2 Tbsp. soy sauce**
- **1 cup shredded lettuce**
- **½ cup frozen peas, thawed**

Pour *1 tablespoon* of the oil into a large skillet. Preheat over medium heat. Add eggs. Lift and tilt the skillet to form a thin sheet of egg. Cook, without stirring, about 2 minutes or just till set. Slide sheet onto a cutting board. Cut into 2x½-inch strips.

Pour remaining oil into skillet. Preheat over medium-high heat. Add green onions; stir-fry for 30 seconds. Add the shrimp, ham or chicken, and mushrooms; stir-fry for 1 minute, adding more oil if necessary. Stir in rice; sprinkle with soy sauce. Stir-fry 1 to 2 minutes more. Stir in egg strips, lettuce, and peas; heat through. Gently toss. Serve immediately. Serves 6.

Nutrition facts per serving: *258 cal., 8 g fat (2 g sat. fat), 107 mg chol., 670 mg sodium, 33 g carbo., 2 g fiber, 13 g protein. Daily Value: 18% iron.*

EASY RISOTTO

Risotto (rih ZOT oh), an Italian specialty, is known for its wonderfully creamy texture and rich cheese taste—

- **⅓ cup thinly sliced green onion**
- **1 Tbsp. margarine *or* butter**
- **⅔ cup Arborio *or* long-grain rice**
- **2 cups water**
- **½ tsp. instant chicken bouillon granules**
- **¼ cup grated Parmesan *or* Romano cheese**

In a saucepan cook green onion in hot margarine or butter till tender. Add the *uncooked* rice. Cook and stir for 2 minutes more. Carefully stir in water, bouillon granules, and a dash *pepper.* Bring to boiling; reduce heat. Cover; simmer for 20 minutes (do not lift cover). Remove from heat.

Let stand, covered, for 5 minutes. (The rice should be tender but slightly firm, and the mixture should be creamy.) If necessary, stir in a little water to reach the desired consistency. Stir in the Parmesan or Romano cheese. Makes 4 side-dish servings.

Nutrition facts per serving: *168 cal., 5 g fat (2 g sat. fat), 5 mg chol., 263 mg sodium, 25 g carbo., 0 g fiber, 5 g protein. Daily Value: 13% calcium.*

INDIAN-STYLE PILAF

Pilafs are popular in many countries. This version uses Indian flavors: garam masala, raisins, and peanuts—

- **½ cup chopped onion**
- **¼ cup sliced celery**
- **1 Tbsp. margarine *or* butter**
- **1½ cups water**
- **⅔ cup long-grain rice**
- **2 Tbsp. snipped parsley**
- **1½ tsp. instant chicken bouillon granules**
- **½ tsp. garam masala *or* curry powder**
- **⅛ tsp. ground allspice**
- **½ cup raisins**
- **¼ cup chopped peanuts**

In a saucepan cook onion and celery in hot margarine or butter till tender. Stir in water, *uncooked* rice, parsley, bouillon, garam masala or curry powder, allspice, ¼ teaspoon *salt,* and ⅛ teaspoon *pepper.* Bring to boiling; reduce heat. Cover; simmer 15 minutes or till rice is tender and liquid is absorbed. Stir in raisins and peanuts. Makes 4 side-dish servings.

Nutrition facts per serving: *258 cal., 8 g fat (1 g sat. fat), 0 mg chol., 544 mg sodium, 44 g carbo., 3 g fiber, 6 g protein. Daily Value: 15% iron.*

TEFAL reveals the inside story on making healthier fried food.



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h TEFAL Supercool fryers, your fried food will rispier, tastier and healthier than food fried the ditional way. From the inside out, TEFAL makes the food you cook better. TEFAL Supercool fryers, n the makers of T-Fal cookware. ©1993 T-FAL Corp.

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*Based on line averages

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FOOD

BRAN: AN EASY WAY TO ADD FIBER

Found in a variety of whole grains, bran is the protective coating of grain kernels that contains soluble fiber. Eating foods high in soluble fiber has been shown to lower LDL cholesterol (low density lipoprotein or the "bad" cholesterol).

Pick from four types of unprocessed brans, which you'll find in the flour section of most supermarkets or health food stores. Then try our test kitchen tips to add them to recipes.

WAYS TO USE UNPROCESSED BRAN

- Substitute bran for fine dry bread crumbs in meat loaf.
- Substitute ¾ cup of bran for ¼ cup all-purpose flour in a standard 12-muffin recipe.
- Coat oven-fried chicken with bran. Mix bran with seasonings, such as poultry seasoning, herbed pepper, onion or garlic powder, or dried herbs.
- Bake bran into whole grain breads, substituting 1 cup bran for ¼ cup whole grain flour.
- Create a mixed pilaf by using ½ cup bran in place of ¼ cup of the rice in a rice pilaf recipe.
- Increase the liquid when using corn bran in baked recipes (such as muffins). Increase by 2 tablespoons for each ¼ cup of corn bran added.
- Store bran in an airtight container in a cool, dry place for up to 1 month. Refrigerate bran for up to 3 months, or freeze it for up to 1 year.

Type of Raw Bran (uncooked)	Total Dietary Fiber (grams)	Soluble Fiber (grams)
Corn	30	0.5
Wheat	12	1
Rice	8	1.2
Oat	5.7	3.2

Serving sizes based on ½ cup.

WIN MONEY & PRIZES

IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES CONTEST!

TWO $200 WINNERS
TWO $100 WINNERS
SIX HONOR ROLLS
ALL WINNERS RECEIVE RUBBERMAID SERVING WARE

How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories. Then, seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

THIS MONTH'S WINNERS

(see pages 151 and 152)

All winners received assorted RUBBERMAID KITCHEN GADGETS.

$200 Winners: Rai Arrant, *San Francisco, Calif.*
Mary Beth Welter, *St. Paul, Minn.*
$100 Winners: David Huston, *Waukegan, Ill.*
Wanda Miller, *Marion, Ind.*
Honor Roll Winners: Amy Berry, *Falmouth, Maine*
Flo Burtnett, *Gage, Okla.*
Anne G. Evans, *Southborough, Mass.*
Sheila Hitchens, *Darien, Conn.*
Carol Anne Katzmann, *Countryside, Ill.*
Betty L. York, *Norman, Okla.*

HINTS FOR THIS MONTH'S CATEGORIES

Coconut Desserts

When your family wants something sweet with coconut, what special dessert do you create? Do you use fresh coconut meat or milk, sweetened flaked or grated coconut, or canned cream of coconut? Any cake, cookie, pie, cheesecake or other sweet qualifies.

Favorite Main-Dish Salads

What fresh-tasting dinner salad do you make for your hungry crew? Does it overflow with fresh spring produce? Do you serve it with a one-of-a-kind dressing? Both meatless salads and salads containing meat, poultry, or seafood can be contenders.

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, print your name, address, and recipe marked "May Coconut Desserts" or "May Favorite Main-Dish Salads." Specify brands and recipe origin. **3.** Address recipes to 9405 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. **4.** Postmark all entries by October 30, 1993. **5.** Winners will be selected about 60 days later, then notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.

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~Julies Pasta Shortcut
8 oz. corkscrew pasta
1 lb. Italian sausage, crumb
2 cans (14-1/2 oz. each)
DEL MONTE® original Rec
Stewed Tomatoes
Sliced green onions
Parmesan cheese
cook pasta as package dire
Brown meat; drain fat. Add
tomatoes and cook 5 minut
over medium-high heat,
stirring occasionally. Add a
handful of green onions.
Serve over pasta with Parme
cheese. Makes 4 servings, tal
about 10 minutes. Oh, and
don't forget to act real tire
Del Monte Quality
Stewed Tomatoes
ORIGINAL RECIPE
"I'll say it took three hours.
Yeah, that's it." -Julie, Still 30, Topeka, KS
I
Del Monte Quality
TOMATOES

WIN MONEY FOR YOUR RECIPES
See Page 149 for Details

RIZE TESTED RECIPES®



MEAT PIES

File under Meat
October, 1993

$200 WINNER *Mary Beth Welter, St. Paul, Minn.*

CHILI CORNBREAD PIE

Refrigerated cornbread twists make a quick crust for this top-notch Tex-Mex pie—

- **1 lb. lean ground beef**
- **½ cup chopped onion**
- **½ cup coarsely chopped green sweet pepper**
- **1 15½-oz. can chili beans**
- **1 8-oz. can tomato sauce**
- **1 6-oz. can tomato paste**
- **2 to 4 Tbsp. chili powder**
- **½ tsp. ground cumin**
- **½ tsp. bottled hot pepper sauce**
- **1 11½-oz. pkg. (10) refrigerated cornbread twists**
- **1 8-oz. carton dairy sour cream**
- **2 Tbsp. all-purpose flour**
- **1 cup shredded cheddar cheese**
- **2 cups corn chips, coarsely crushed (about 1 cup)**
- **Chopped green pepper (optional)**

In a large skillet cook ground beef, onion, and the ½ cup green pepper till meat is no longer pink; drain off fat. Stir in *undrained* beans, tomato sauce, tomato paste, chili powder, cumin, and hot pepper sauce. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring frequently.

Meanwhile, for crust, lightly grease a 9- or 10-inch pie plate. Unwrap and separate cornbread twists, but do not uncoil. Arrange biscuits in pie plate, pressing onto the bottom and up the sides of plate, extending biscuits about ½-inch above pie plate. Spoon ground beef mixture into crust. Combine sour cream and flour; spread atop beef mixture. Sprinkle with cheese and corn chips. Place on a baking sheet. Bake, uncovered, in a 375° oven for 30 minutes. Let stand 10 minutes before serving. Garnish with green pepper, if desired. Makes 8 main dish servings.

Hang here and file punched pages in your *New Cook Book*.

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®



PEANUT BUTTER TREATS

File under Desserts
October, 1993

$200 WINNER *Rai Arrant, San Francisco, Calif.*

PEANUT BUTTER 'N' CHOCOLATE SOUFFLÉS

Chocolate pudding gives a creamy quality (and stability) to these yummy soufflés—

- **2 cups milk**
- **½ cup peanut butter**
- **1 4-serving-size pkg. *regular* chocolate pudding mix**
- **3 slightly beaten egg yolks**
- **1 tsp. vanilla**
- **3 egg whites**
- **Whipped Cream**

In a medium saucepan combine milk, peanut butter, and pudding mix. Cook and stir over medium heat till thickened and bubbly. Remove from heat. Place egg yolks in a large mixing bowl. Gradually stir chocolate mixture into the egg yolks. Stir in vanilla. Cover surface of mixture with plastic wrap. Cool mixture about 15 minutes.

In a medium mixing bowl beat egg whites till stiff peaks form. Fold into partially cooled chocolate mixture. Spoon into six *ungreased* 6-ounce custard cups. Place cups in a 13x9x2-inch baking pan. Pour boiling water into baking pan to a depth of one inch. Bake soufflés in a 350° oven for 30 minutes or till centers shake slightly. Serve hot or chilled with whipped cream and chopped peanuts, if desired. Makes 6 servings.

Nutrition facts per serving: *273 cal., 15 g total fat (4 g sat. fat), 113 mg chol., 451 mg sodium, 26 g carbo., 1 g fiber, 11 g pro. Daily Value: 21% vit . A, 10% calcium, 5% iron.*

PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

PEANUT BUTTER TREATS

File under Desserts
October, 1993



$100 WINNER *Wanda Miller, Marion, Ind.*

CHOCO-PEANUT BUTTER PIE

This pie will remind you of pecan pie but with the flavor of peanuts and chocolate—

3 eggs
1 cup light corn syrup
½ cup sugar
⅓ cup chunky-style peanut butter
½ tsp. vanilla
½ cup semisweet chocolate pieces
Pastry for single-crust pie
Whipped dessert topping (optional)
Semisweet chocolate pieces (optional)
Chopped peanuts (optional)

For filling, in a mixing bowl beat eggs lightly with a rotary beater or a fork till combined. Stir in corn syrup, sugar, peanut butter, and vanilla. Mix well. Sprinkle the ½ cup chocolate pieces over the bottom of an unbaked pastry-lined 9-inch pie plate. Pour filling into pie shell. Cover edge of pie with foil. Bake in a 375° oven for 20 minutes. Remove foil. Bake for 15 to 20 minutes more or till knife inserted near the center comes out clean. Cover and chill to store for up to 48 hours. Garnish with whipped topping, remaining chocolate pieces, and peanuts, if desired. Makes 10 servings.

Nutrition facts per serving: *360 cal., 15 g total fat (3 g sat. fat), 64 mg chol., 143 mg sodium, 53 g carbo., 1 g fiber, 6 g pro. Daily Value: 3% vit. A, 0% vit. C, 3% calcium, and 17% iron.*

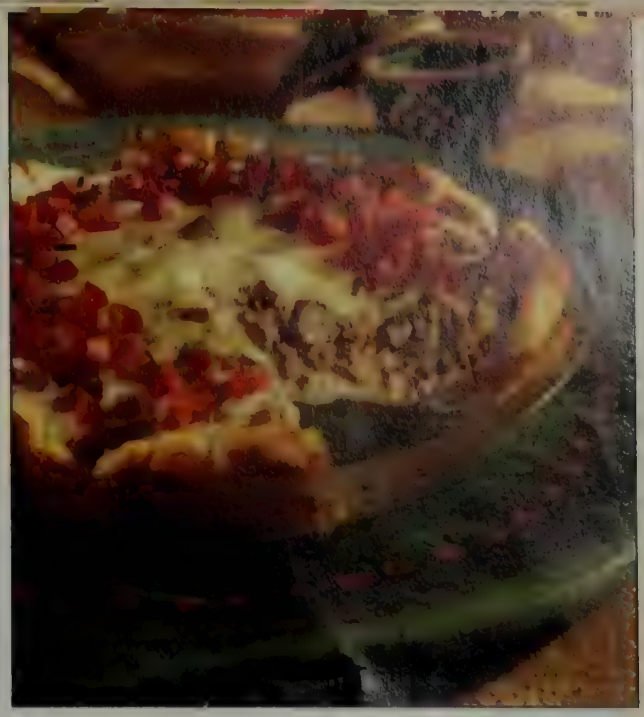
Clip along here and file punched pages in your *New Cook B*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

MEAT PIES

Meat or Poultry
October, 1993



$100 WINNER *David L. Huston, Waukegan, Ill.*

CREAMY TURKEY PIE

Cream cheese and cottage cheese give this turkey-mushroom pie a delicious, rich flavor—

1 lb. ground raw turkey* *or* ground turkey sausage
½ cup chopped onion
1 3-oz. pkg. cream cheese, cubed
1 4½-oz. jar sliced mushrooms, drained
1 pkg. (10) refrigerated biscuits
1 egg
1 cup cream-style cottage cheese
1 Tbsp. all-purpose flour
Chopped tomato (optional)
Snipped chives (optional)

In a large skillet cook turkey or turkey sausage and onion till meat is browned, stirring to break up meat. Drain off any fat. Stir in cream cheese till combined; add mushrooms. Set aside.

For crust, lightly grease a 9-inch pie plate. Unwrap biscuits and separate. Arrange biscuits in pie plate, pressing onto the bottom and up sides of the plate, extending biscuits about ½-inch above pie plate. With kitchen scissors, cut edge of biscuits at half-inch intervals, if desired. Spoon turkey mixture into shell, spreading evenly.

In blender container or food processor bowl combine egg, cottage cheese, and flour. Cover and blend or process till smooth. Spoon over turkey mixture. Bake, uncovered, in 350° oven for 25 to 30 minutes or till edges are browned and filling is set. Let stand 5 to 10 minutes before cutting into wedges. Garnish with tomato and chives, if desired. Makes 6 main-dish servings.

**Note:* If using ground turkey, add ¼ teaspoon *each* of *salt* and *pepper* to meat



There's just no way to avoid the mess a huge holiday dinner creates. But there is an easy way to deal with it — a Tappan Scrub-Saver™ range. Its innovative cooktop and control panel feature our new seamless design. So even if gravy is bubbling over on one burner, and cranberry sauce on another, the splatters and spillovers won't find anywhere to hide. Just a few quick wipes and you're done. But effortless

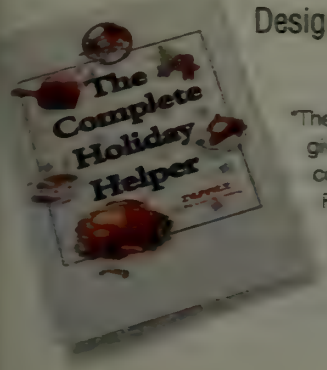


Café Vienna makes a perfect ending. Place cinnamon sticks in serving pot with coffee. Pour into cups. Serve with hot milk or a spoonful of whipped cream.

The Tappan Scrub-Saver Range. Perfect When The Mess Is As Big As The Meal.

cleaning doesn't stop on the cooktop. The huge oven not only easily fits a 20-pound turkey and all the trimmings, it cleans up after itself when the feast is over. Tappan Scrub-Saver gas and electric ranges.

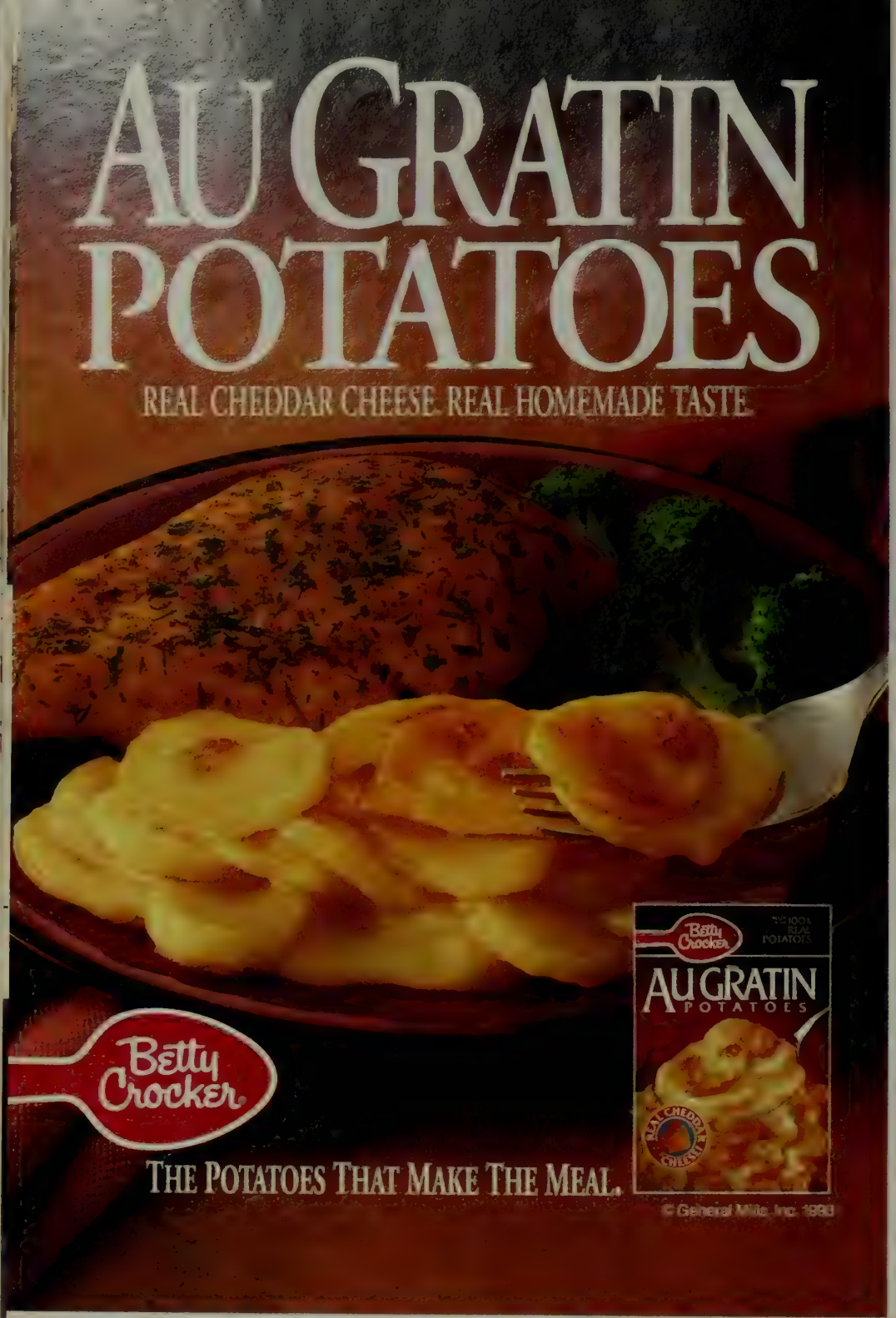
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FOOD

TODAY'S BREAD PUDDING

Even bread pudding, that old-time comfort food, can get better. To improve on this already top-notch dessert, add orange marmalade to the custard and serve it with a rich, orange-maple sauce. Best yet, this pudding goes together in a snap—just mix, pour, and bake.

ORANGE BREAD PUDDING WITH WARM MAPLE SAUCE

Use old bread that has started to dry out or toast fresh bread strips in a 300° oven about 15 minutes to dry—

3 eggs
2 egg whites
1¾ cups milk



Serve this orange-maple pudding for a homey dessert or snack.

⅓ cup orange marmalade
¼ cup sugar
½ tsp. ground cinnamon
½ tsp. vanilla

• • •

4 slices dry bread (white *or* wheat), cut into 2-inch strips (about 3 cups)
⅓ cup raisins
Orange slices, halved

In a medium mixing bowl use wire whisk or a fork to beat togeth the eggs, the egg whites, milk, oran marmalade, sugar, ground cinnamo and vanilla till combined.

Place bread strips in an ungreas 8½-inch round baking dish. Sprink raisins over bread. Pour egg mixtu over all.

Bake pudding in a 325° oven for to 40 minutes or till a knife inserte near the center comes out clean. Co slightly on a wire rack. Serve puddi warm with Maple Sauce and oran slices. Makes 6 servings.

Maple Sauce: In a small saucep combine 1 tablespoon *cornstarch* ar ¼ teaspoon finely shredded *oran peel.* Stir in ¾ cup *orange juice* and cup *maple syrup.*

Cook and stir the maple syrup mi ture till thickened and bubbly. Co and stir for 2 minutes more. Remo the saucepan from heat and stir in teaspoons *margarine* or *butter.* Ser sauce warm over orange bread pu ding. Makes 1 cup.

Nutrition information per serving: *3 cal. (17% from fat), 6 g fat, 143 m chol., 9 g pro., 57 g carbo., 1 g dieta fiber, 202 mg sodium. U.S. RDA: 15 calcium, 31% vit. C, 13% thiamin 18% riboflavin.*

VICTORIAN ROSES

continued from page 106

1½ yd. green sew-in satin cording; 8-yd. skeins Paternayan Persian yarn in the following colors: No. 650 dark olive green; No. 692 medium olive green; No. 639 light olive green; No. 721 rust; No. 940 dark red; No. 943 hot pink; No. 932 medium rose; No. 934 light rose; No. 865 pale pink.

Instructions: Finished size, approximately 12x12 in. Transfer rose design on *page 106* to linen, centering. Press interfacing to wrong side. Crewel embroider in stem stitch, satin stitch, and long-and-short stitch with 1 ply yarn unless otherwise indicated.

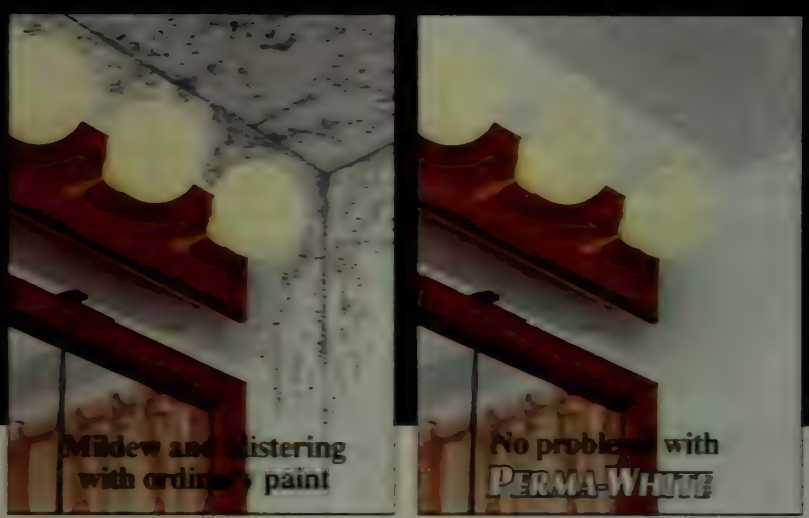
Outline leaves in stem stitch using medium olive. Define leaf ribs in dark olive with 2 rows stem stitch. Using long-and-short stitches to blend greens, fill in shaded center of leaves with light olive fading to medium olive for outer section of leaves.

Satin-stitch thorns in rust. Work 1 row stem stitch on left of stems with dark olive, followed by row or rows of medium green and last row in light green. Long-and-short stitch leaves under rose and rosebud by graduating greens from dark to light.

For rose, use 1 ply (for small areas) and 2 plies (for large areas) yarn and satin stitch to embroider light shaded areas with pale pink and black area dark red. Using 2 plies yarn and long-and-short stitches, fill in medium-shaded areas with light rose and darker areas with medium rose.

For bud, satin-stitch all areas using same colors and shading as above. Assemble into pillow as desired, tacking tassel in each corner.

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A Special Paint for a Bathroom's Special Needs

DECOUPAGE AND ROSEBUD FRAME, PAGE 102

Materials: Plain purchased picture frame; floral gift wrap; decoupage medium such as Mod Podge; stiff brush; miniature dried rosebuds; heavy drawing paper to fit frame; light green colored pencil.

Instructions: Sand and decoupage frame same as for Decoupage and Rosebud Box on *page 156*. Cut paper to fit frame. With colored pencil, lightly draw intersecting diagonal lines to resemble trellis. Lines should be evenly spaced. See photograph on *page 102* for detail. Lightly draw heart in center of paper. Glue rosebuds in heart, completely covering paper.

Note: To clean dried roses, knead an art eraser until soft. Roll into fine point. Lift dirt or dust by gently touching with eraser.

EMBROIDERED ROSE PIN, PAGE 102

Materials: 7x7-in. square lightweight tightly woven neutral fabric; 2 yd. fine metallic gold cording; ⅛ yd. black watch cord or narrow satin cord; scrap each cardboard and suede-like fabric for back and backing; bar pin; DMC Flower Thread in the following colors: No. 2937 forest green; No. 2732 olive green; No. 2222 rose; No. 2356 coral; No. 2407 beige.

continued on page 156

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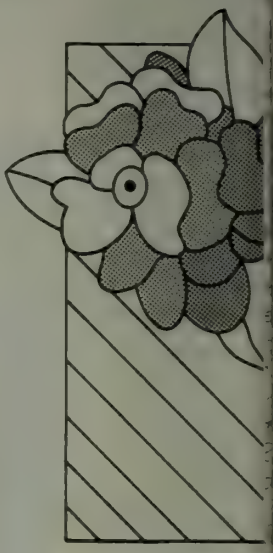
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VICTORIAN ROSES

continued from page 155

EMBROIDERED ROSE



Instructions: Finished size, approximately 1¼x3 in.

Note: Keep fabric taut at all times. Transfer design (*right*) to fabric. Satin-stitch design with 1 ply floss. Alternate stitch direction on each section for variety.

Stitch white area of rose *except* circle in 2407. Stitch light shaded area of rose and black dot in 2356. Stitch dark shaded area and circle in 2222. Stitch leaves in 2937, angling stitches to meet at vein lines and form leaf-like texture. Stitch background in 2732, using long straight stitches. *Note:* Use diagonal lines of pattern a guides for entering and exiting needle from fabric, cr ate diagonal pattern with stitches.

Using 2222, couch 3 or 4 rows of gold cording arou embroidery. *Note:* Couch only 2 rows around extendi leaf. Remove hoop. Trim fabric ¼ in. from stitching.

Trace shape of embroidery to cardboard; cut slightl smaller. Glue or fuse stitchery to cardboard. Glue black co around edge of stitchery. Cut suede same shape and size a cardboard; glue to back. Glue or stitch bar pin in place.

DECOUPAGE AND ROSEBUD BOX, PAGE 102

Materials: Floral gift wrap; decoupage medium such a Mod Podge; unfinished wooden box with lid; miniatu dried rosebuds; stiff brush; hot-glue gun.

Instructions: Sand box until smooth. Tear gift wrap pap into small pieces, about 1x1½ in. Working in small area apply medium to box; position paper on medium, overla ping until all surfaces are covered. Apply 2 or more add tional coats of medium, allowing to dry between coats. Gl rosebuds to lid, keeping a margin of paper around edges.

CHENILLE TASSEL, PAGE 103

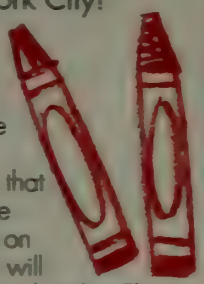
Materials: 1 skein Lion Chenille yarn; ½ yd. pink sati cord; ½ yd. ⅜-in.-diameter twisted satin cord for hangin silk rosebud; 8x10-in. piece heavy cardboard.

Instructions: Finished size, approximately 8 in. long. Wra entire skein of yarn around the 10-in. length of cardboar Sew strands yarn together along top edge of cardboard. C yarn from bottom edge of cardboard. Overlap ends of heav cording; whipstitch ends together for several inches, for ing a loop. With loop of cording toward cut end of chenill roll chenille around stitched ends of cord securing tightl with needle and thread. Flip tassel inside out, straightenin chenille over ends of cording with loop at top. Secure nec of tassel with needle and thread. Wrap neck of tassel wi pink cording; whipstitch ends secure. Dab ends of cordin with fabric glue and tuck toward inside. Trim ends of tass even. Tuck silk rosebud under pink cording.

KIDS! HELP KIDS!

nter The 2nd Annual UNICEF Greeting Card Contest And Win A Trip For Three To New York City!

ere's a fun way for kids 13 and under to help e U.S. Committee for UNICEF help kids erywhere! Beginning September 1st, drop by y U.S. Pier 1 Imports® store and pick up a free N CEF Contest Greeting Card. On the blank nt of the card, children should draw a picture that ep cts children and their families celebrating the ec-end holidays. Entries will be judged based on ectivity and quality of expression. One winner will e selected in two age groups: 8 to 13 and 7 and under. The ne entry judged the best in each age group by representatives Pier 1 Imports, Better Homes and Gardens® and the U.S. ommittee for UNICEF will each win a trip along with two m-ly members to New York City and the United Nations! rtrants' cards will be displayed and made available for sale at U.S. Committee for UNICEF Benefit to be held at the United ations. Proceeds from the sale of your child's one-of-a-kind rd will go directly to the U.S. Committee for UNICEF. All nsold cards will be distributed through a Sister Cities Int'l. onsored pen pal program. Plus, the U.S. Committee for NICEF will print the winning cards and they will be sold ac usively at Pier 1 Imports stores nationwide during the 1994 oliday season! Entries must be postmarked by October 25, 993. So don't delay. Round-up your little artists and help NICEF help children everywhere!



Sponsored by the U.S. Committee for UNICEF, Better Homes and Gardens® and Pier 1 Imports, the largest retailer of UNICEF Holiday Greeting Cards worldwide. Also in cooperation with Sister Cities International.

OFFICIAL CONTEST RULES–NO PURCHASE NECESSARY

1. All children ages 13 and under who are U.S. residents are eligible to participate, with the exception of United Nations, UNICEF, the U.S. Committee for UNICEF, Pier 1 Imports and Meredith Corporation's employees and their relatives.
2. Beginning September 1, 1993, official entry kits can be obtained free, no purchase necessary, by visiting any Pier 1 Imports location in the United States. For the location of your nearest Pier 1, call 1-800-447-4371. Pier 1 Imports is a registered trademark.
3. Pencil, pen, crayon, color markers and paints are permitted. Computer or other machine-generated artwork will not be accepted. Artwork must be original, not previously published and not copied. Entries will be judged on creativity and quality of expression.
4. One entry per child only.
5. Affix first-class postage on the supplied envelope and send the Official Entry Kit to Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161. Entries returned directly to Pier 1 Imports stores will not be accepted.
6. All official entries must be postmarked by October 25, 1993. Winners will be selected and notified by November 3, 1993. For a list of prize winners, send a separate, self-addressed, stamped envelope to UNICEF Contest Winners List, BH&G Marketing Services Dept., 750 Third Ave., New York, New York 10017.
7. Two Grand Prizes will be awarded, one each in age groups 7 and under and 8 through 13. Each prize consists of round-trip coach airline tickets from the continental U.S. airport nearest to the winner's residence to New York City and one hotel room for three nights for each winner and two adult family members, plus each winner will receive a total of $500 expense money. Trip must be taken to coincide with the U.S. Committee for UNICEF Benefit and Award Reception November 30, 1993. Winner's parents or legal guardian will be required to sign an affidavit of eligibility, acknowledging compliance with these rules.
8. Upon entry, all cards, artwork and related rights of copyright become the property of the U.S. Committee for UNICEF and Pier 1 Imports (U.S.), Inc. All individual entries will be offered for sale at the U.S. Committee for UNICEF Benefit at the United Nations on November 30, 1993. All sales proceeds will be contributed to UNICEF-assisted projects for children.
9. All unsold cards will be distributed through a Sister Cities International sponsored international pen pal program.
10. The winning cards will be printed and sold by the U.S. Committee for UNICEF and are subject to interpretation and modification. Pier 1 Imports will have the exclusive right to reproduce and sell the winning cards through its stores nationwide during the 1994 holiday season and also the right to use reproductions of the winning cards as Pier 1 Import's official corporate greeting cards for the 1993 holiday season. The proceeds from all such sales will be contributed to the U.S. Committee for UNICEF.
11. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes, if any, are the responsibility of winners. Approximate value of each Grand Prize is $3,100. No prize substitutions or redemptions. The decision of the judges shall be final.
12. Entry constitutes agreement with all of the foregoing rules and terms and also constitutes permission to use winners' names, likenesses, contest card entries, artwork and hometown for promotional purposes.
13. Entry constitutes agreement to hold the U.S. Committee for UNICEF, Pier 1 Imports (U.S.), Inc. and Better Homes and Gardens harmless from and against any and all damages, liability, losses and expenses arising out of this contest.

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BUILDING

LAMINATED WOOD FLOORING

Installing a hardwood floor used to be one of the trickiest, stickiest jobs in carpentry. Now, thanks to new products, it's one of the fastest and easiest. You can lay a whole room of hardwood flooring by yourself, with no special tools, in a weekend.

NO FUSS, NO MUSS

Take an end-view of many of today's hardwood floors, and you'll see a plywood sandwich: a top layer of hardwood followed by two or three layers of wood laminated together with the grain in each layer running perpendicular to the next. This marriage of plywood technology and hardwood handsomeness offers you several benefits.



COURTESY BRUCE HARDWOOD FLOORS

Install it yourself with no special tools.

Traditional wood floors are nailed in place with a special nailing tool, the floor is sanded with a drum sander, meticulously cleaned, and then coated with several layers of polyurethane.

Prefinished laminated wood floors, however, can be installed without special tools by just about any homeowner. Most products are simply removed from the box and glued down using troweled-on adhesives, or self-adhesive backings and sound-deadening foam underlayments.

LESS UPKEEP

Maintenance, one of the original hardwood headaches, has been all but eliminated with most of the new products. Factory-applied, no-wax finishes require only light vacuuming.

The perpendicular plies of grain in these three- and four-ply products reduce the swelling problems associated with solid hardwood floors, and allow the laminated products to be used on concrete slabs and places where solid flooring might swell and buckle. The hardwood layer in laminated flooring is typically an eighth inch thick, sufficient for one or two refinishings.

HINT #9

Cut the rust.



Here's a sharp idea: remove rust from household tools by using Morton® Salt. Just make a paste using 2 tablespoons Morton® Salt and 1 tablespoon lemon juice. Apply the paste to rusted area with a dry cloth and rub. For more ways to use economical, effective and safe Morton® Salt around the house, write: Morton Salt Tips, Dept. B, Chicago, IL 60606-1597.

Morton

TIPS, TOOLS, AND TECHNIQUES

This is your column. It contains the best workshop shortcuts and home maintenance tips that do-it-yourselfers like you have discovered. See below for details on how to share your tips.

KEEP A LINE ON YOUR PAINT

To know the amount of extra paint you have without going to the trouble of opening the paint cans, use a crayon or marker to draw a line on each can showing the paint level.

Shirley M. Secord, Brown City, Mich.

WAX YOUR WINDOWS

To keep your double-hung windows from sticking, consider rubbing paraffin wax or an old candle into the window grooves.

Sue Nicholson, Bryan, Tex.

EYE-CATCHING GARDEN TOOLS

You'll be less likely to leave your tools out in the yard or garden patch if you paint their handles with luminous paint. The paint makes them easily noticed by day or night, and the colors are apt to remind your neighbors who those borrowed tools belong to.

Christine Gibson, Evansville, Ind.

GET A GRIP ON YOUR TOOLS

Put bicycle handlebar grips on your rakes, shovels, and hoes to give yourself a firmer, more comfortable handle when working around the yard.

Michael Carraher, Ashtabula, Ohio

SOCK YOUR LADDER

Keep your extension ladder from marring your house by putting a pair of socks on the ladder tops.

L. Winn, Rock Hill, S.C.

GRAB SOME GUIDE WIRE

When working on your car, sliding a nut or washer into a place where your hand won't fit can be made much easier by directing some stiff wire to the bolt. Simply slide the nut down the wire to the right spot. Now, you're ready for your socket wrench.

Phillip Knapp, Idabel, Okla.

KEEP HOLD OF YOUR NAILS

Place a large magnet onto your b loop to keep nails handy while wo ing on a project.

Howard Wiener, Spring Hill, F

SHAMPOO YOUR HANDS

Shampoo is great for removing and grease from your hands. Simp work the shampoo into your han without using any water. Wh you're done, rinse away the lather.

Carol Gnojewski, Seattle, Wa

FURNITURE ON SKATES

Use a skateboard to help you wi any heavy moving tasks. Place fur ture, crates, or other heavy items or the board, then gently guide it along

John Simpson, Birmingham, Mi

DON'T CRACK THE CAULK

Before applying caulk between yo bathtub and the wall, be sure to f the tub with water. The water w expand the tub. This will keep t caulk from cracking because of t tub's movement.

C. A. Pierce, Greensburg, K

FOR GOOD MEASURE

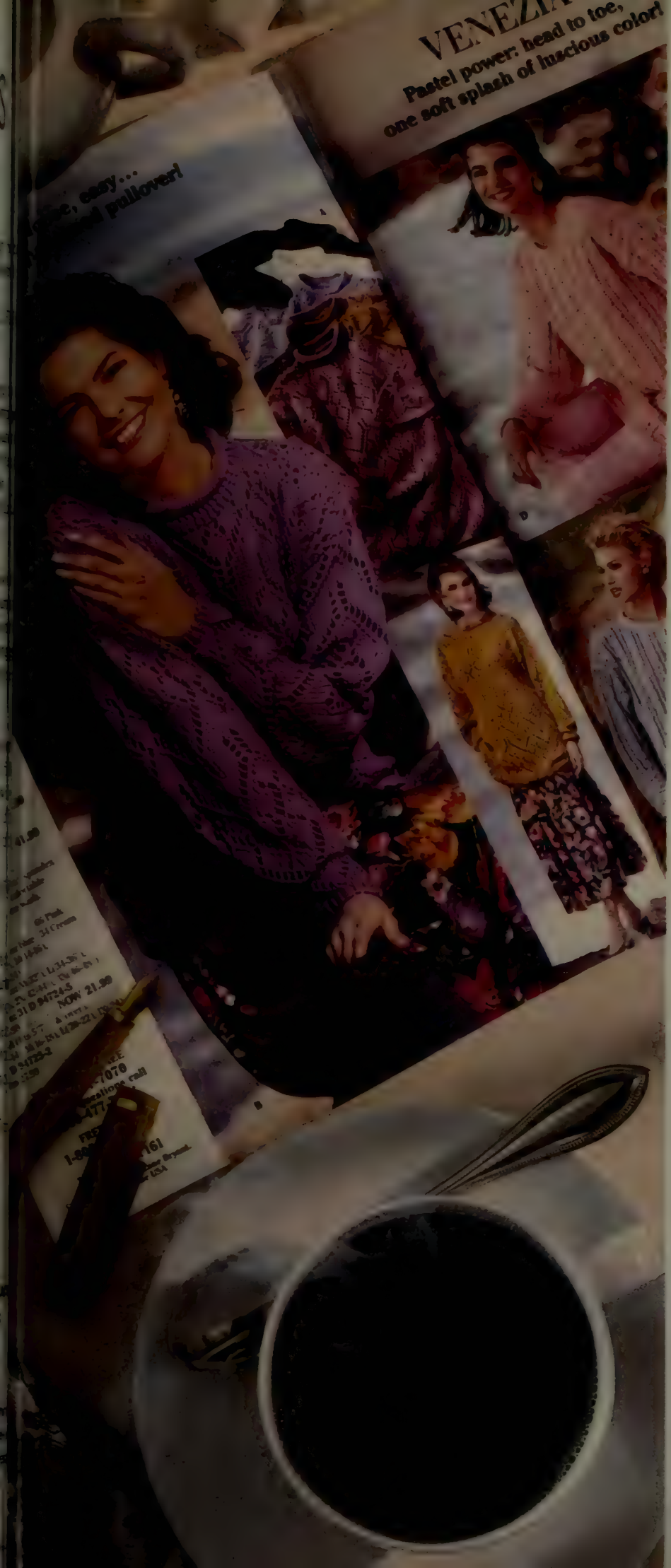
If you're a gardener, put a yardsti next to your hoe and paint measu ments onto the tool's handle. N you'll have a handy device to me sure the space between rows, t depth of a hole, or the distan between plants.

Jean Fourmentin, Wellington, Te

SEND US YOUR TIP

Mail your tip, along with a daytime telephone number, to: Tips, Tools, and Techniques, Better Homes and Gardens® magazine, 1716 Locust Street, Des Moines, IA 50309-3023. No food or cooking tips, please.

We can't acknowledge or return your letters. If we buy your tip, we'll send you $25. We reserve th right to edit tips we buy and to use them in any way for as long as w would like. We don't accept previously published tips.



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1	8	15	22	29	36	43
2	9	16	23	30	37	44
3	10	17	24	31	38	45
4	11	18	25	32	39	46
5	12	19	26	33	40	
6	13	20	27	34	41	
7	14	21	28	35	42	

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Each Hawaiian Island offers its own sun-filled adventures.

ASTON KAANAPALI SHORES

Maui

For a top family bargain, check out this beachfront condominium resort on Maui's northwest coast. From April until December 22, you can get a one-bedroom unit with kitchen, washer and dryer, and daily maid service beginning at $159 a day; the foldout sofa in the living room takes care of two kids. Two-bedroom units, sleeping up to six, cost $209 and up. High-season rates start at $189 and $249 respectively. Or, if there are only two of you, efficiencies with mini-kitchens and studios with full kitchens cost $109 and $129 off-season.

An off-season stay at this lively, attractive resort complex offers a special plus for beach potatoes. Its gentle sand beach shrinks in the winter but grows wide again from late spring through fall.

The Aston Kaanapali Shores features a pair of pools, two whirlpools, tennis courts, and a fitness center. Other amenities include a restaurant and a sundry store, with frozen pizzas and other such items that you can store in the fridge to microwave when hunger calls.

The activities desk arranges tee times at a nearby course, helicopter rides, tours, and deep-sea fishing.

A children's program, with a one-time fee of $10, keeps youngsters ages 3 to 8 entertained from 9 a.m. to 2 p.m., Monday to Friday, all year.

Aston Kaanapali Shores, 3445 Honoapiilani, Dept. BHG, Lahaina, HI 96761; 800/922-7866 or 808/667-2211. For information on the nearly 30 other Aston Hawaiian properties, call the 800 number or write to ***Aston Hotels & Resorts, 2255 Kuhio Ave., Dept. BHG, Honolulu, HI 96815.***

OUTRIGGER HOTELS

Waikiki, Oahu

You have the choice of 21 Outrigger Hotels in Waikiki, some right on the legendary beach, others near it. All offer easy access to the pleasures Waikiki has long been famous for—swimming, sunning, snorkeling, and sailing—along with restaurants and entertainment.

Among the best Outriggers for leisurely vacationing are the Surf, Reef Towers, Village, Outrigger East, and Outrigger West. All provide kitchenette suites, so you can enjoy meals or snacks in your room.

April into December, doubles start at $70; studio suites from $90. High season rates begin at $80 for doubles, $120 for studio suites. Up to two kids 17 or under share your room for free. When you make your reservation, you can request a rental car at $5 a day for the duration of your Outrigger stay. Ask if they offer a bed-and-breakfast program, which some hotels provide at no additional charge.

Outrigger Hotels, 2375 Kuhio Ave., Dept. BHG, Honolulu, HI 96815; 800/462-6262.

MAUI PRINCE HOTEL

At Makena Resort, Maui

A tropical garden, its ponds agleam with the exotic colors of koi (the big Japanese cousins of goldfish) flourishes in the patio court of this exquisite resort hotel on Maui's southern coast. Spacious rooms with balconies look out over the Maui Prince Hotel's secluded beach toward other islands, among them tiny Molokini, the destination of catamaran excursions from the hotel beach.

This snorkel cruise is one of the options on the resort's Sports Holiday Package at $299 a day for a couple. Other options—you choose one each day—include golf, tennis, and a rental car. An even better deal, if you come before December 21, is the Prince Special at $189 a day for two, which includes a great breakfast and use of a midsize car. Under

continued on page J2

TRAVEL DIRECTORY

VACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY



photo by Pamela Bamert

Ballet folklorico dancers perform on the plaza in Old Mesilla.

The traditions of Old Mexico live on in New Mexico.

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FREE TRAVEL INFORMATION

For free travel information and literature on places to visit check the Travel Planning Guide in this issue.

continued from page J1

either plan, kids of any age ma share your room for free if n roll-away bed is needed.

A no-charge children's progran keeps kids 4–12 entertained ever morning year-round. Completin the hotel's amenities are tw pools, 36 holes of golf, fou restaurants, a sundry shop, and a entertainment lounge.

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SKI UTAH

Brian Head

Southern Utah's Brian Head, 19 miles north of Las Vegas off I-15, i one of those rare goodies that hasn' been discovered yet. It collects abou 450 inches of superb powder snow i an average season. Lucky folks in th know—mostly weekenders from southern California and Nevada—sk it from November 12 until the lift quit running in mid-April.

Situated at 9,750 feet, which make it one of the highest ski villages in th country, the resort has two mountains One is easy, with a vertical drop o 600 feet; the other, about twice as high and with a view that reaches 12 miles to Nevada's Wheeler Peak, i suitable mostly for intermediate skiers. Both mountains have thei own base lodges.

A nearby cross-country cente (***801/677-2012***) serves a 42-kilometer network of scenic trails, among them several short, easy trails to the spec tacular canyon rim of Cedar Breaks National Monument. The cross-coun try center runs three moonlight tours.

Lodgings include a hotel and sev eral small condo developments. Five night midweek hotel stays with five days of skiing cost about $800 for a family with two children under 12. In a one-bedroom condo with kitchen the family would pay about $1,050.

Box 190218, Dept. BHG, Brian Head, UT 84719; 800/272-7426 or 801/677-3000.

–By George S. Bush

TRAVEL PLANNING

See *page 160* for a listing of free travel information and literature you can order.

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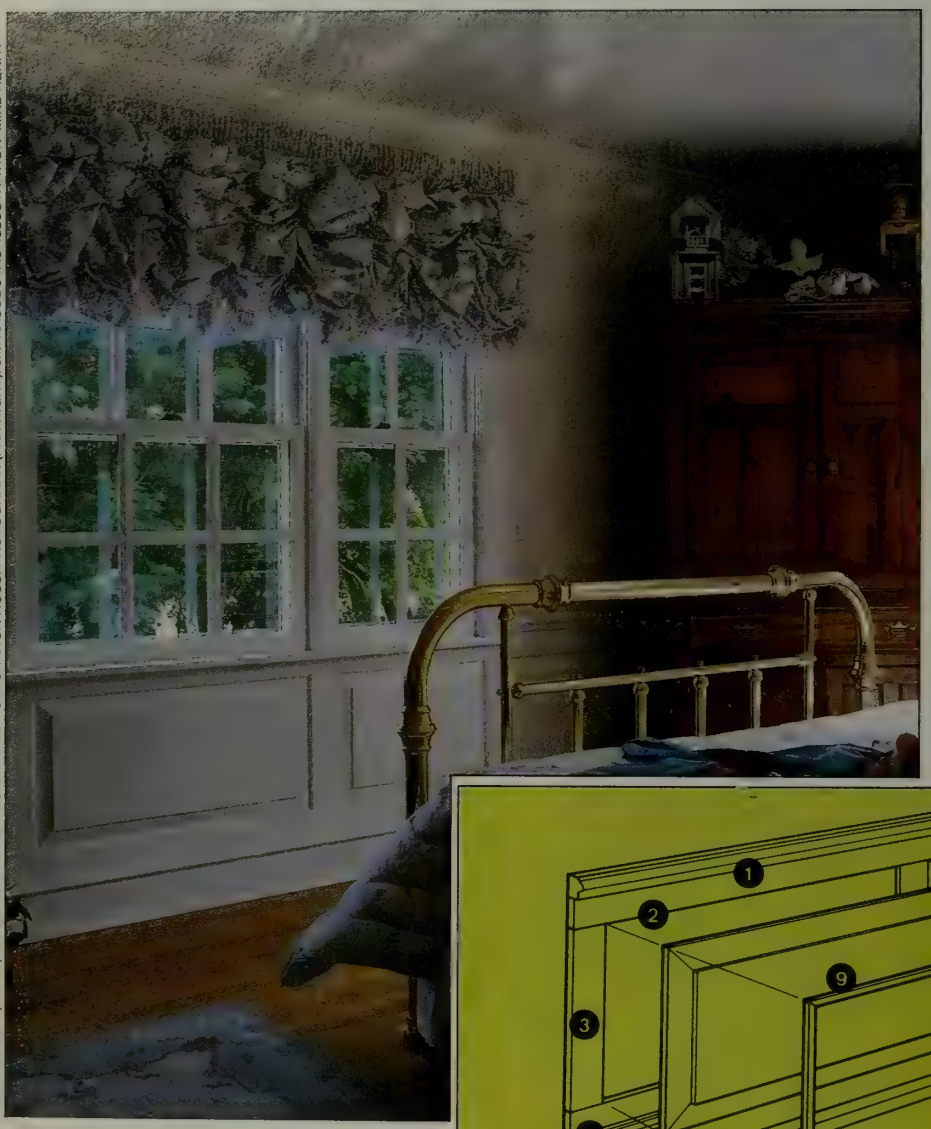
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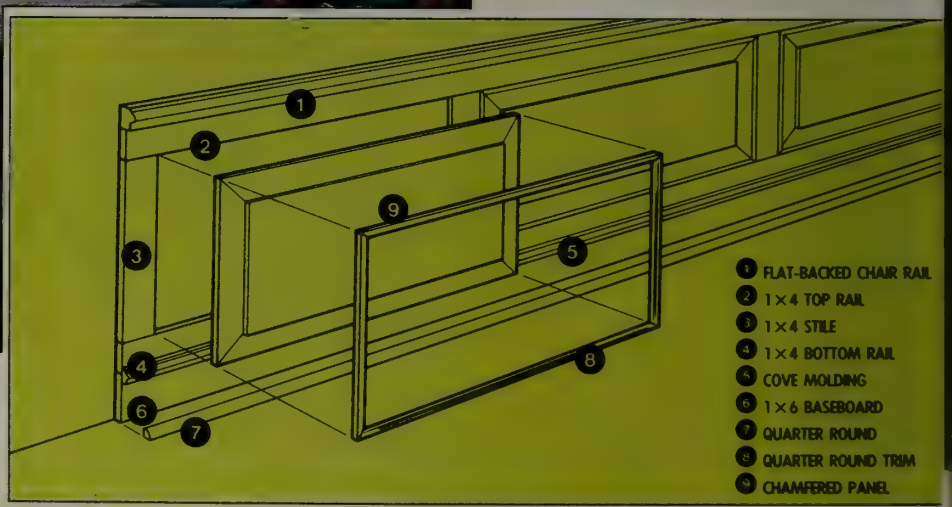
PHOTOGRAPH (RIGHT): SUSAN GILMORE. REGIONAL EDITOR: SHARON ROSS. PHOTOGRAPH (FAR RIGHT): JIM KASCOUTAS. ILLUSTRATION: MIKE HENRY



Do-it-yourself raised-panel wainscoting adds traditional charm to this master bedroom.



Create the panels by making bevel cuts in three-quarter-inch fiberboard. Note that these cuts require removal of the saw's safety guard.



To create the wainscoting, attach baseboards, rails, stiles, panels, and trim as shown in the diagram. To ease installation, this project was designed for simple butt construction.

Only your carpenter will know the difference. Add character to your room with this inexpensive do-it-yourself wainscoting that looks just like custom carpentry. It's an easy-to-do project for anyone who has even a little table-saw experience.

Starting with a 34-inch rail height, draw a rough sketch of the paneling on each wall. Be sure to create panels of pleasing proportions under windows and near corners. Following the diagram above, attach baseboards, rails, and stiles to the wall. Check to be sure the boards are square. Measure the openings carefully, and then cut rectangular panels from a 4×8 sheet of three-quarter-inch medium-density fiberboard.

To make the bevels, position the saw's rip fence seven-sixteenths inch from the inside edge of the blade and raise the saw blade 2⅛ inches above the surface of the saw table. With the blade tilted 11 degrees from center, saw each side of panel while standing it on end. Make one-eighth-inch relief cuts on the four sides of the fiberboard with the rip fence positioned 2¼ inches from the outside edge of the blade. Test all cuts on scrap.

Glue and nail the panels in the openings and trim with quarter rounds. Put moldings between the baseboard and the bottom rail, put chair rail above the top rail, and put base shoe moldings on the baseboards. Sand the bevels before painting.



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PHYSICAL THERAPY AMERICAN PT ASSOCIATION

A5

FAST AND FANCY LOW-FAT DINNER

When you're having friends over for a special dinner, do them a double favor: Serve this delicious yet healthful chicken dinner. Scented with Madeira and full of savory mushrooms, this fix-quick entrée tastes as rich as it looks.

MADEIRA CHICKEN WITH MUSHROOMS

One secret to this low-fat dish is the butter-flavored granules. For more tips on using them, see list below—

- **4 boneless, skinless chicken breast halves (1½ lb. total)**
- **½ cup skim milk**
- **1 Tbsp. cornstarch**
- **¼ tsp. dried sage, crushed**
- **¼ tsp. salt**
- **⅛ tsp. pepper**
- **2 tsp. cooking oil**
- **¼ cup water**
- **½ of a ½-oz. pkg. butter-flavored granules (4 tsp.)**
- **1 cup sliced fresh shiitake *or* button mushrooms**
- **¼ cup Madeira *or* dry sherry**
- **2 Tbsp. snipped chives**

Rinse chicken; pat dry. Combine milk, cornstarch, sage, salt, and pepper. Set aside.

In a large nonstick skillet cook chicken in hot oil over medium-high heat for 8 to 10 minutes or till no longer pink, turning once. Remove from skillet; keep warm.

Combine water and butter-flavored granules in skillet. Heat till boiling; add mushrooms. Cook and stir mushrooms 2 minutes or till tender. Stir milk mixture; add to skillet. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Stir in Madeira; heat through. Transfer chicken to a serving platter; spoon sauce atop. Sprinkle with chives. Serves 4.

Nutrition information per serving: *cal., 5 g fat, 45 mg chol., 18 g pro., carbo., 0 g fiber, 276 mg sodium.*



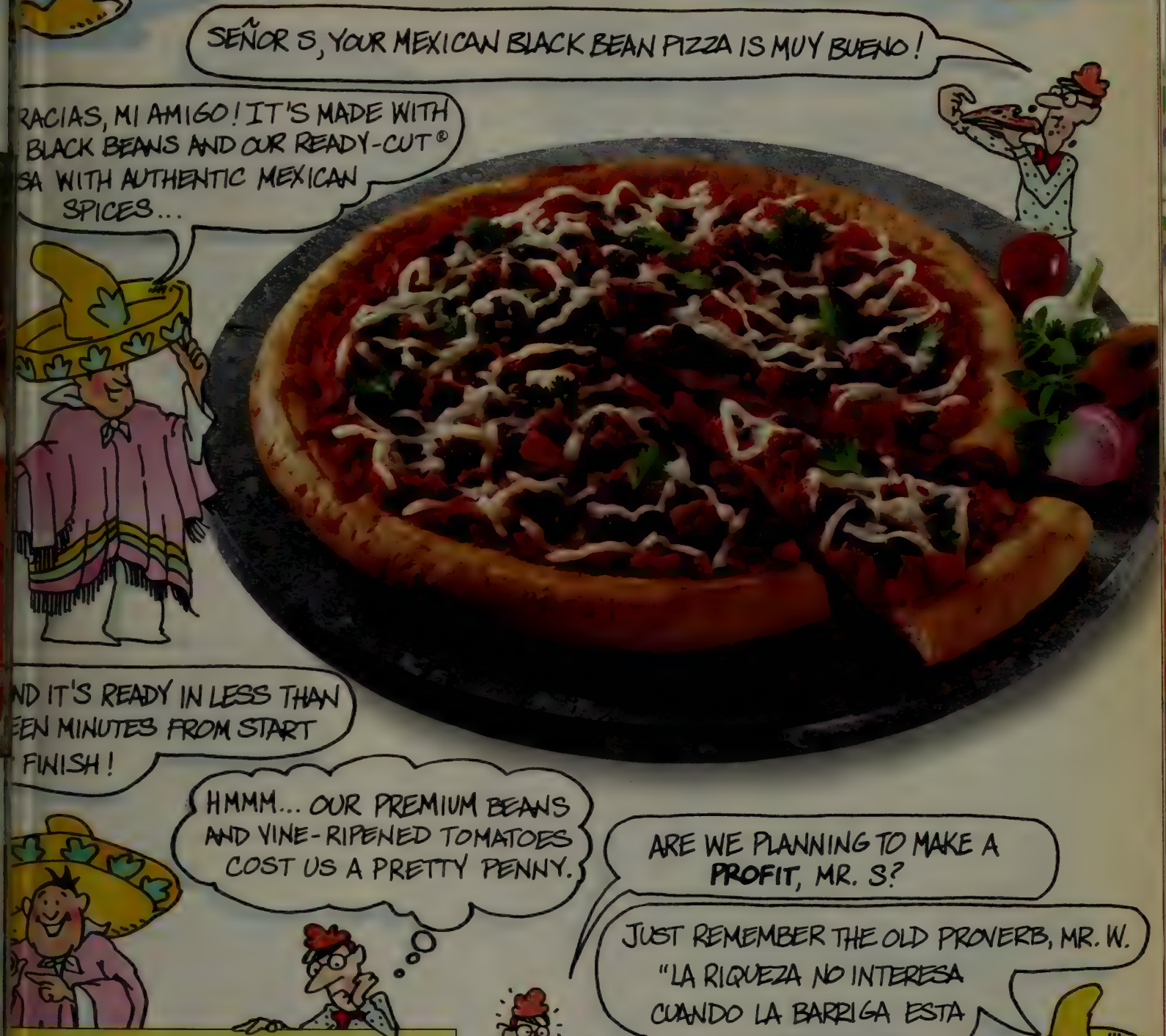
Tastefully rich, this saucy chicken entrée has only 5 grams of fat per serving.

USING BUTTER-FLAVORED GRANULES OR SPRINKLES

There are two types of butter-flavored substitutes. One is sprinkled directly on foods. The other is reconstituted with water. They have about 24 calories and 0 grams of fat per tablespoon. Look for them in the baking or spice section of your supermarket.

- **Butter-flavored sprinkles can be used on moist foods, such as hot cooked vegetables, rice, noodles, or baked potatoes. Or, you can reconstitute the butter-flavored granules with water for use as a dipping sauce (with lobster, for example), as a butter sauce for fish or chicken, or for brushing over corn on the cob. (Because the reconstituted form is as thin as water, it's best not to use it on dry foods, such as toast or popcorn.)**
- **Look for seasoned variations of the butter-flavored sprinkles, such as cheese-, sour cream-, and garlic-flavored. Use as you would the regular butter-flavored sprinkles.**
- **To cut fat from your diet, begin by replacing part of the margarine or butter in casseroles, soups, or sauces with butter-flavored granules (¾ teaspoon equals about 1 tablespoon of margarine or butter in flavor).**
- **To add extra flavor to low-fat sauces, stir the granules into the hot sauce so it dissolves easier.**
- **Stir dry granules into casseroles, cream sauces, and cream soups.**
- **For extra-rich cookies (such as sugar cookies), sprinkle dry butter-flavored granules into the dough.**
- **Sauté fresh vegetables in a small amount of reconstituted butter-flavored granules instead of fat.**
- **Stir dry granules into pancake, waffle, or biscuit mixes.**
- **Toss snipped fresh herbs, such as basil, dill, or tarragon, into reconstituted butter-flavored substitute. Serve warm over chicken or fish.**

S&W FINE FOODS PRESENTS MR. S AND MR. W



S&W Mexican Black Bean Pizza

2 large ready-made pizza crusts

1 can (14.5 oz) S&W Ready-Cut® Salsa (Mild or Medium)

1 can (15 oz) S&W Black Beans, drained well

½ pound chorizo, cooked, crumbled and drained well

⅓ cup chopped cilantro

1½ cups shredded Monterey Jack Cheese

Spread ½ of the salsa on each pizza crust. Divide the beans, chorizo, cilantro and cheese in half and arrange over salsa on each pizza in order given. Place on pizza pans and bake in 450°F oven for 8-10 minutes or until cheese is completely melted. Serves 8 (2 slices per person).

Nutrition information per serving: 630 cal; 34 g protein; 69 g carbo; 4 g fiber; 27 g fat; 45 mg chol; 1370 mg sodium. If lower fat content is desired, substitute turkey sausage for chorizo.

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"My favorite is pears. But I like to open them all." -Max, 8, Orlando, FL



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SIMPLE SWEDISH SOUP SUPPER



You can freeze most of this easy supper ahead of time.

Swedish families find gingery pea soup so satisfying that they eat it once a week, traditionally on Thursdays during the long winter months. What's more, it's an easy dinner to fix ahead and freeze. You can flip and freeze the pancakes ahead, too.

SWEDISH SUPPER

Yellow Split Pea Soup

Swedish Flatbread Crackers

Tossed Green Salad

Swedish Pancakes with Lingonberry Preserves

Sparkling Water, Coffee, or Tea

YELLOW SPLIT PEA SOUP

Return the cut-up pork to the soup or take a cue from the Swedes and serve it with mustard alongside—

- **1½ cups dry split yellow peas**
- **6 cups water**
- **1½ to 2 lb. smoked pork hocks *or* meaty ham bones**
- **2 medium onions, chopped**
- **1 Tbsp. instant chicken bouillon granules**
- **1 Tbsp. grated gingerroot *or* ½ tsp. ground ginger**
- **¼ tsp. pepper**
- **½ cup chopped rutabaga *or* carrot**
- **1 medium red *or* green sweet pepper, chopped (¾ cup)**

Rinse peas. In a Dutch oven combine peas, water, meat, onions, bouillon, gingerroot or ginger, and pepper. Bring to boiling; reduce heat. Cover; simmer 1 hour, stirring occasionally.

Remove meat. When cool, cut meat from bone; coarsely chop. Discard bone. Return meat to pan. Add rutabaga or carrot. Return to boiling; reduce heat. Cover and simmer for 15 minutes. Add sweet pepper; cover and simmer for 5 to 10 minutes more or till vegetables are tender. Serve or freeze the soup in 2-cup freezer-proof containers (each makes 1 or 2 servings). Makes 6 to 8 total servings.

Microwave reheating directions: In a 1-quart microwave-safe casserole cook 1 frozen portion at a time, uncovered, on 70% power (medium-high) for 10 to 13 minutes or till heated through, stirring occasionally.

Range-top reheating directions: Transfer as many frozen portions as you need to a saucepan or Dutch oven. Cover and cook over medium-low heat for 40 to 50 minutes or till heated through, stirring occasionally.

Nutrition information per serving: *224 cal., 2 g fat, 12 mg chol., 18 g pro., 35 g carbo., 731 mg sodium, 1 g fiber. RDA: 19% iron, 36% vit. C, 52% thiamine, 13% riboflavin, 17% niacin.*

SWEDISH PANCAKES

More like crepes than pancakes, these taste delicious served with lingonberries or other berries or preserves—

- **¾ cup all-purpose flour**
- **2 Tbsp. sugar**
- **2 eggs**
- **1 12-oz. can (1½ cups) evaporated skim milk**
- **1 Tbsp. margarine *or* butter, melted**
- **1 Tbsp. margarine *or* butter**
- **1 14½-oz. jar lingonberries in sugar**

In a medium mixing bowl stir together flour and sugar. In another mixing bowl beat eggs slightly; stir in evaporated milk and the 1 tablespoon melted margarine or butter. Add egg mixture to flour mixture; beat with a rotary beater or whisk till smooth.

Heat a lightly greased 6-inch skillet. Remove from heat. Spoon in *2 tablespoons* of the batter; lift and tilt the skillet to spread the batter (the batter will be thin). Return to heat; cook about 1 minute or till brown on underside. Invert pan over paper towels to remove pancake. Using a spatula, return the pancake to the pan; cook the other side about 30 seconds or till light brown. Transfer to waxed paper. Repeat with remaining batter, greasing the skillet as needed.

In a 10-inch skillet melt the remaining 1 tablespoon margarine or butter. Fold pancakes in half, then into quarters; arrange in the skillet. Cover and cook over low heat about 10 minutes or till warm. Top each serving with lingonberries. Makes 6 to 8 servings.

Make-ahead directions: Place 2 layers of waxed paper between unfolded pancakes; wrap and freeze. Thaw at room temperature about 1 hour before folding, heating, and serving.

Nutrition information per serving: *302 cal., 6 g fat, 74 mg chol., 9 g pro., 55 g carbo., 163 mg sodium, 1 g fiber. RDA: 25% calcium, 19% vit. A, 15% thiamine, 29% riboflavin.*

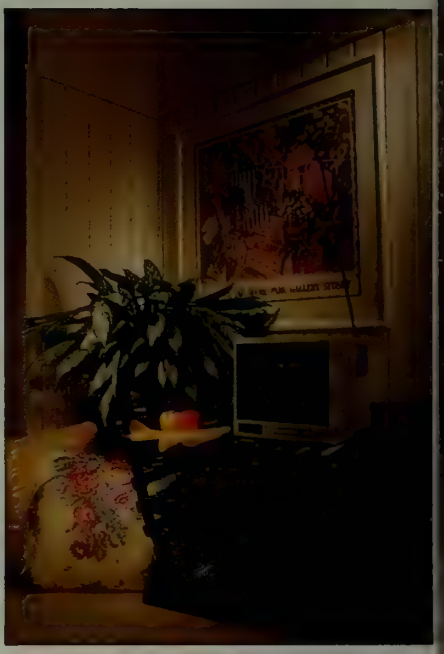
SCOTT LITTLE

THREE GREAT LOOKS FOR ONE LITTLE CORNER

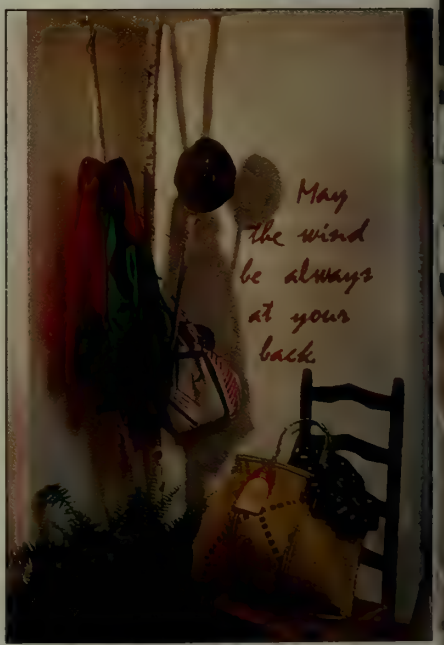


SHELF ESTEEM. Adorned with a few favorites, a ledge of painted pine gives depth to a receding spot. Add more weight to the display by filling in the foreground with a planter of dried hydrangeas.

With the right treatment, an out-of-the-way corner can convey powerful hearth-and-home messages. Simply assemble some treasured objects that pull the empty corner into mainstream living. We put this once-useless spot to work with three different strategies: First, we turned it into a mini gallery; then, we filled it with head-turning brights; and last, we created a welcoming entry. Adapt these strategies to your house and you'll quickly make those blank spots disappear.



COLORFUL CHARACTER. This high-impact Ken Done poster has the hues this space needs to bring it out of seclusion. A television atop a lobster trap guarantees the corner's acceptance into the room's immediate family of furnishings.



BRANCHING OUT. Turn a once-useless corner into an attractive entryway by planting a coat tree in the corner. Here, birch branches are anchored in a pot of real ferns. A seat invites family or guests to lace up their boots or put down a package.

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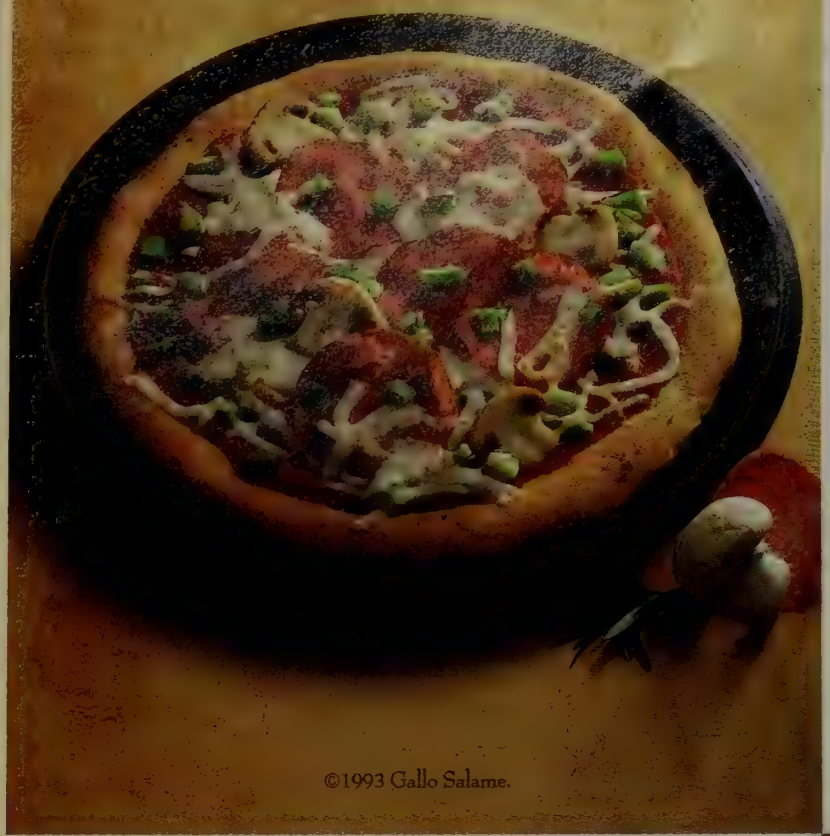
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WINTER SQUASH SOUP

1 large onion, chopped (1 cup)
1 clove garlic, minced
2 Tbsp. cooking oil
3 cups cubed, peeled, and seeded winter squash (acorn *or* butternut)
2½ cups chicken broth
⅛ tsp. ground nutmeg

In a saucepan cook onion and garlic in hot oil till onion is tender. Add squash, broth, and nutmeg. Bring to boiling; reduce heat. Cook, covered, 6 minutes or till squash is tender. In a food processor bowl or blender container process or blend mixture, *half* at a time, till smooth. Return to saucepan. Heat through. If desired, top with green onion tops and almonds. Makes 4 servings.

Microwave directions: In a 2-quart microwave-safe casserole combine onion, garlic, and oil. Micro-cook, covered, on 100% power (high) 3 to 5 minutes (low-wattage: 5 to 7 minutes) or till onion is tender, stirring once. Add squash, *1 cup* of the broth, and nutmeg. Cook, covered, on high 5 to 7 minutes (low-wattage: 8 to 10 minutes) or till boiling; stir. Cook, covered, on high 4 to 6 minutes more (low-wattage: 7 to 9 minutes) or till squash is tender. Blend or process as directed. Return to casserole. Add remaining broth. Cook, covered, 2 to 3 minutes (low-wattage: 3 to 4 minutes) or till warm.

Nutrition information per serving: *142 cal., 4 g pro., 15 g carbo., 8 g fat, 0 mg chol., 481 mg sodium, 562 mg potassium, and 3 g dietary fiber. U.S. RDA: 18% vit. C.*

FOOD

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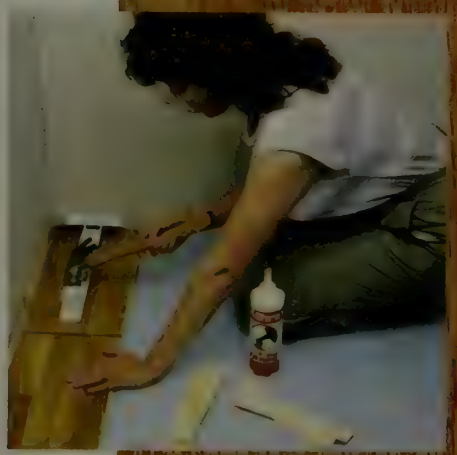
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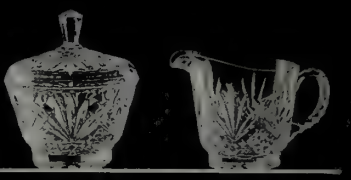
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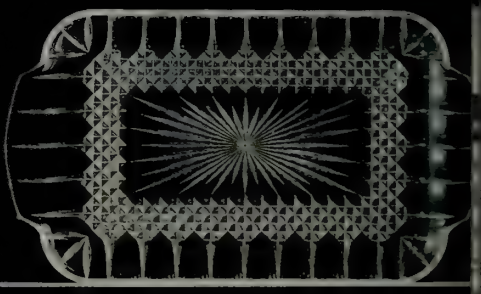
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BEAUTY ON A BUDGET
Small steps to great style



PHOTOGRAPHS: PERRY STRUSE

AFTER. A few yards of fabric and wall covering create a dramatic yet easy and inexpensive decorating evolution in this living and dining space.



BEFORE. Lacking color, pattern, and texture, the rooms looked barren. With no money for new furniture, the homeowners needed to give life to these pieces.

So you can't afford to redecorate from wall to wall and floor to ceiling—who can? That doesn't mean you must live with things the way they are. Here's how to take small steps toward a big decorating difference.

No sweeping changes occurred in the living and dining room of this 1920s bungalow. Instead, small sparks of color and pattern ignite a bright, new look. The dramatic difference between "before" and "after" comes from a fresh but limited infusion of fabric, wall covering, and accents. To dress up your rooms without draining the budget:

Freshen with fabric. In need of recovering, a handed-down desk chair became the impetus for change. The owners splurged on a luscious Laura Ashley fabric to make the family piece a standout. To tie the chair to its surroundings, extra yardage became dining chair cushions and fabric remnants became sofa pillows. Use limited but well distributed quantities of a quality fabric to get the look of luxury without spending a lot.

Wake up your walls. A little wall covering goes a long way toward a new look, too. Although the pink-and-white wall wrap stops at the plate rail, the bold stripe pattern has a big impact. Don't have a plate or chair rail? Create the look with stock molding from a hardware or lumber store.

Add select accents. A woven rug plays a major role in this decorating drama—it anchors the table, instead of letting it visually drift in the dining room. In the same soft shades, 1940s kitchen pottery set atop striped place mats yields a unique centerpiece. BH&G

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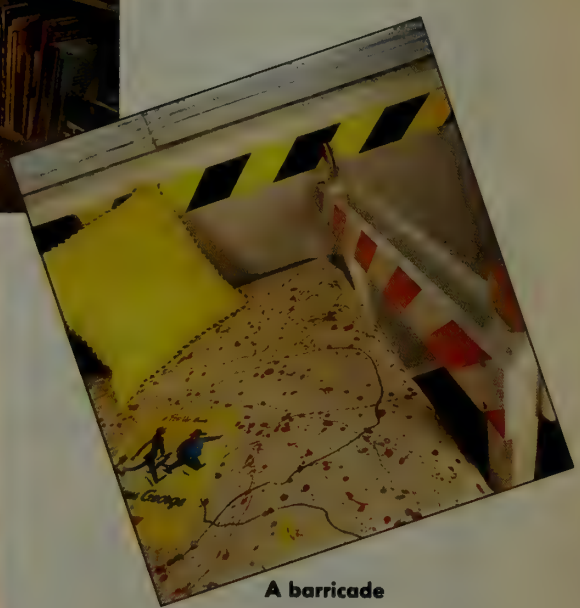
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DREAM SITE
Design tricks for a kid's room





Tyler Krebeck's closet (*above*) is painted to look like cinder blocks; particleboard cubes store stuff beneath the bed (*left*).

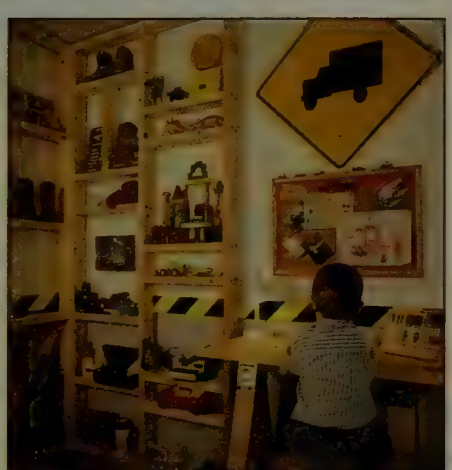


A barricade stands in as a footboard, and 1×4-inch boards painted with black and yellow diagonal stripes circle the room for a chair rail.

Dump trucks, bare studs, and work signs create the perfect site for 4-year-old Tyler Krebeck to sleep and play. Created by Tyler's parents, every detail is easy to reproduce.

Instead of spending their budget on costly kid's furniture, the Krebecks adapted construction materials to the items Tyler needed. The headboard, for example, is made from two 1×8 boards nailed on each end of a 1×12 to imitate a structural beam. Mounted to the wall with metal conduit, a trouble light becomes a bedside lamp.

The closet doors—painted to look like a cinder-block wall—are easy to do. Start with a dry off-white base coat and tape up a masking-tape grid. Dab on two shades of gray and one of white with a wadded-up trash bag (one color at a time). Once the paint dries, remove the tape.



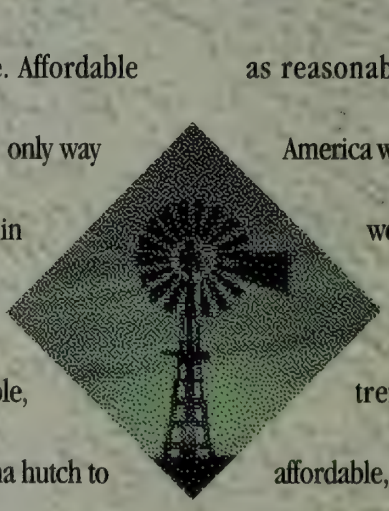
Every detail in Tyler's room—from shallow 2×4-inch-stud shelves to a sawhorse desk and road signs (ordered from sign companies)—builds on the construction theme.

Photographs: Barbara Martin. Regional editor: Mary Anne Thomson



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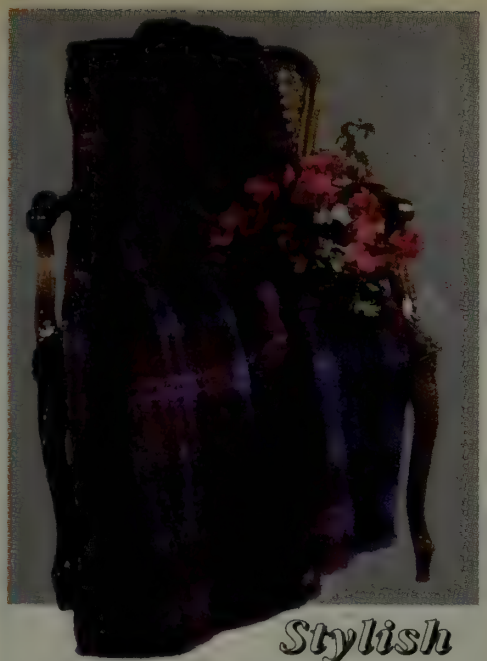
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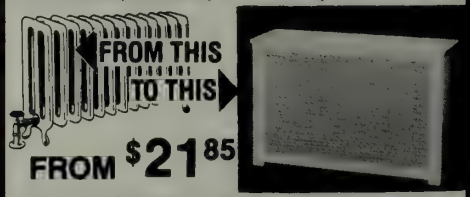
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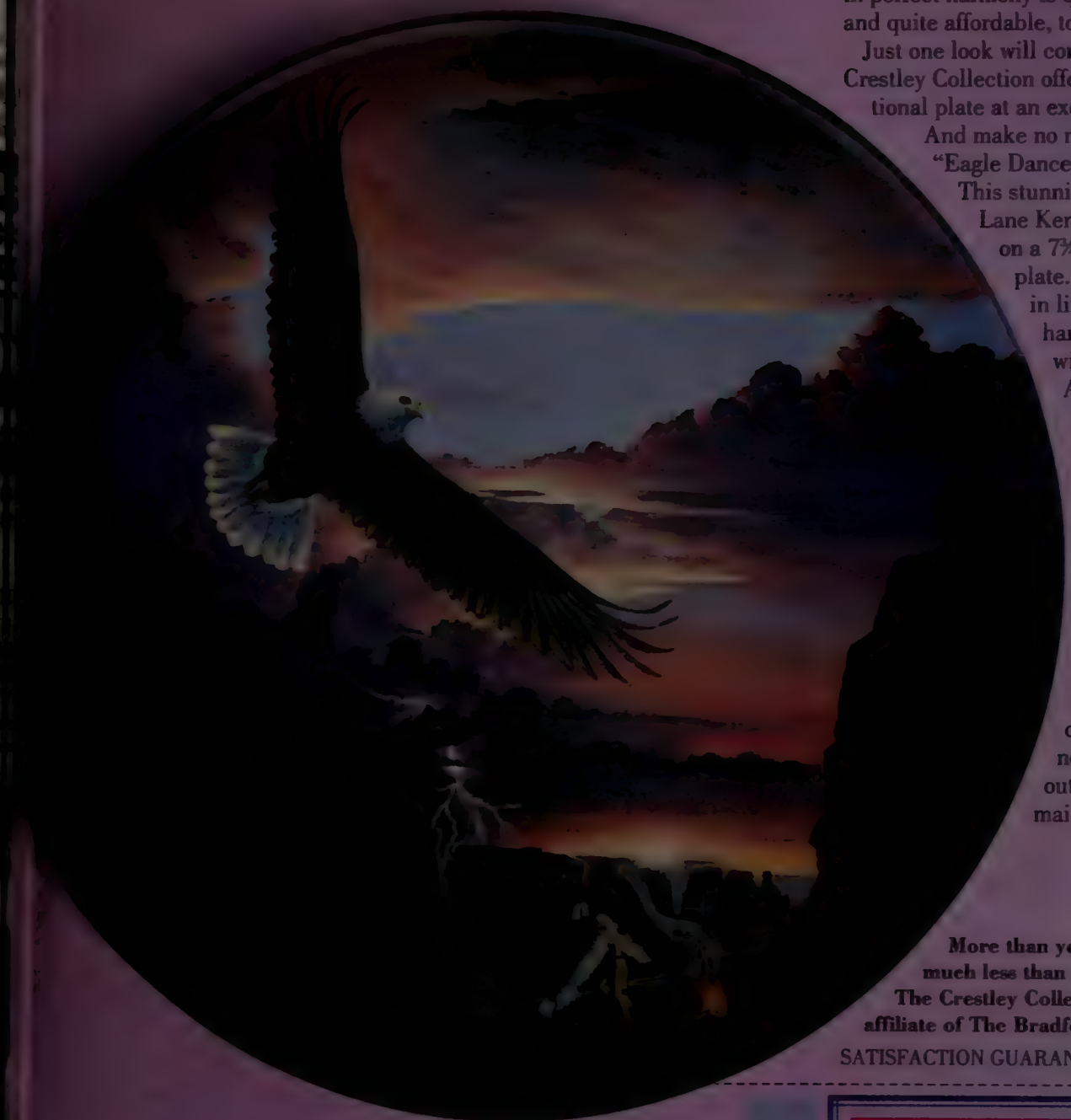


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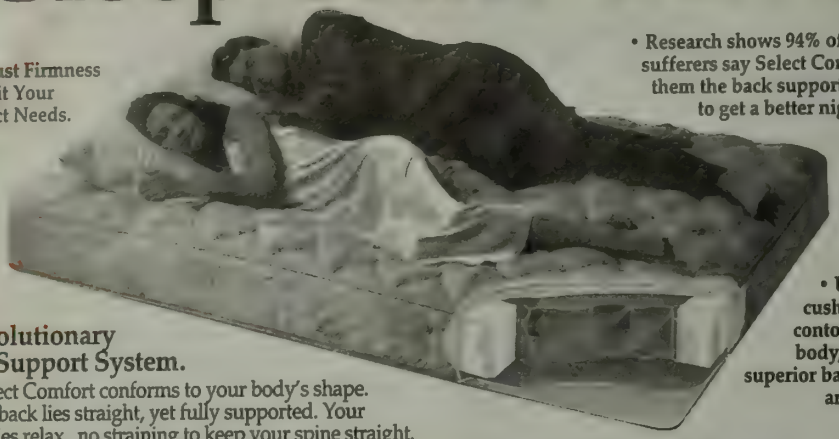
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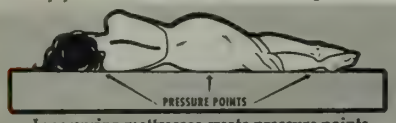
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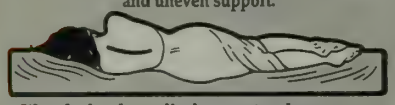
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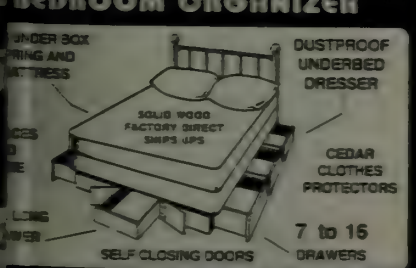


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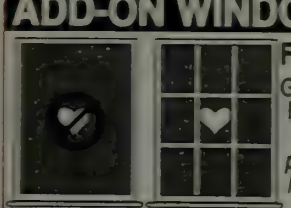
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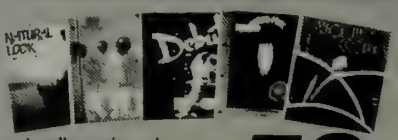


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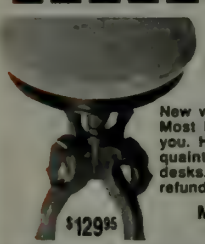
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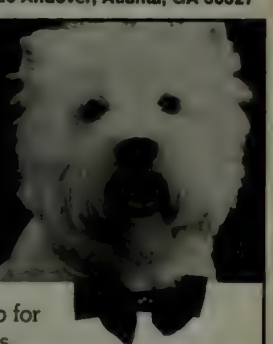
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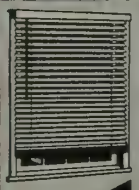
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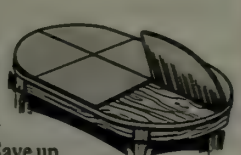
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THE MAN NEXT DOOR®

OCTOBER 1993

■ Banker Helen Newsome says that she won't take credit for the low mortgage rates as long as customers don't blame her for slow-moving teller lines.

■ Times are tough for the new father down the block. He reports that about all he's managed to put away for a rainy day is a worn-out umbrella and a dry pair of socks.

■ "The game of life is an exciting contest," the Rev. George Hall declared last Sunday, "but counting money is a lousy way of keeping score."

■ Grandma Hillis generally agrees that nobody is perfect, but she is quick to point out that the rule doesn't necessarily apply to grandchildren.

■ Elaine Cowan has joined a country-and-western dance class and reports that its increasing popularity likely stems from the fact that members of her generation can no longer Twist to rock 'n' roll without the likelihood of subsequent medical care.

■ Grandpa Hillis says that a good day is when the clock moves faster than you do.

■ Opportunity knocks, Aunt Opal says, but it doesn't always wait for you to answer the door.



"It's a message from your dentist. He thinks he may have given you the wrong dentures."



"Who says I'm not listening? You said you met your mother at the mall and she just missed an easy field goal."

■ I sometimes wish that fluorescent bulbs would burn out more often. That's the only time I get around to cleaning the dust and bugs out of the kitchen light fixture.

■ At our Saturday morning coffee session last weekend, Dot Dresch said that old friends are like old clothes—comfortable, unconfining, and good for the long haul.

■ Editor Earl Reeves admits that newspaper news, produced on the run, sometimes results in distortions and errors. "But it's not all bad," he concludes. "The corrections column is one of our best-read features."

■ Bill Norman defines a realist as a VCR owner who has given up trying to program the thing to record movies and, instead, waits to rent them from the video store.

■ Ken Floyd believes that, in many cases, compliments are like Jello: a real treat for the recipient, but a bit shaky underneath.

I smiled with surprise this spring when Judy, 11, planted pumpkins in a corner of our garden. My surprise came because of Judy's last garden outing.

She had spent the prior summer nurturing three pumpkin vines. In October we hefted the biggest fruit onto a wagon and eased it onto the front porch. Judy then crafted the largest jack-o'-lantern I have ever seen.

Two days later, her masterpiece lay in ruins, smashed by kids with less in their heads than the pumpkin. Judy was devastated and vowed, "Never again!"

When spring arrived this year, I could tell that Judy was mulling the idea of doing it all over.

I was gratified by the choice she made. She's learned that you can smash a pumpkin, but dreams are made of sterner stuff.

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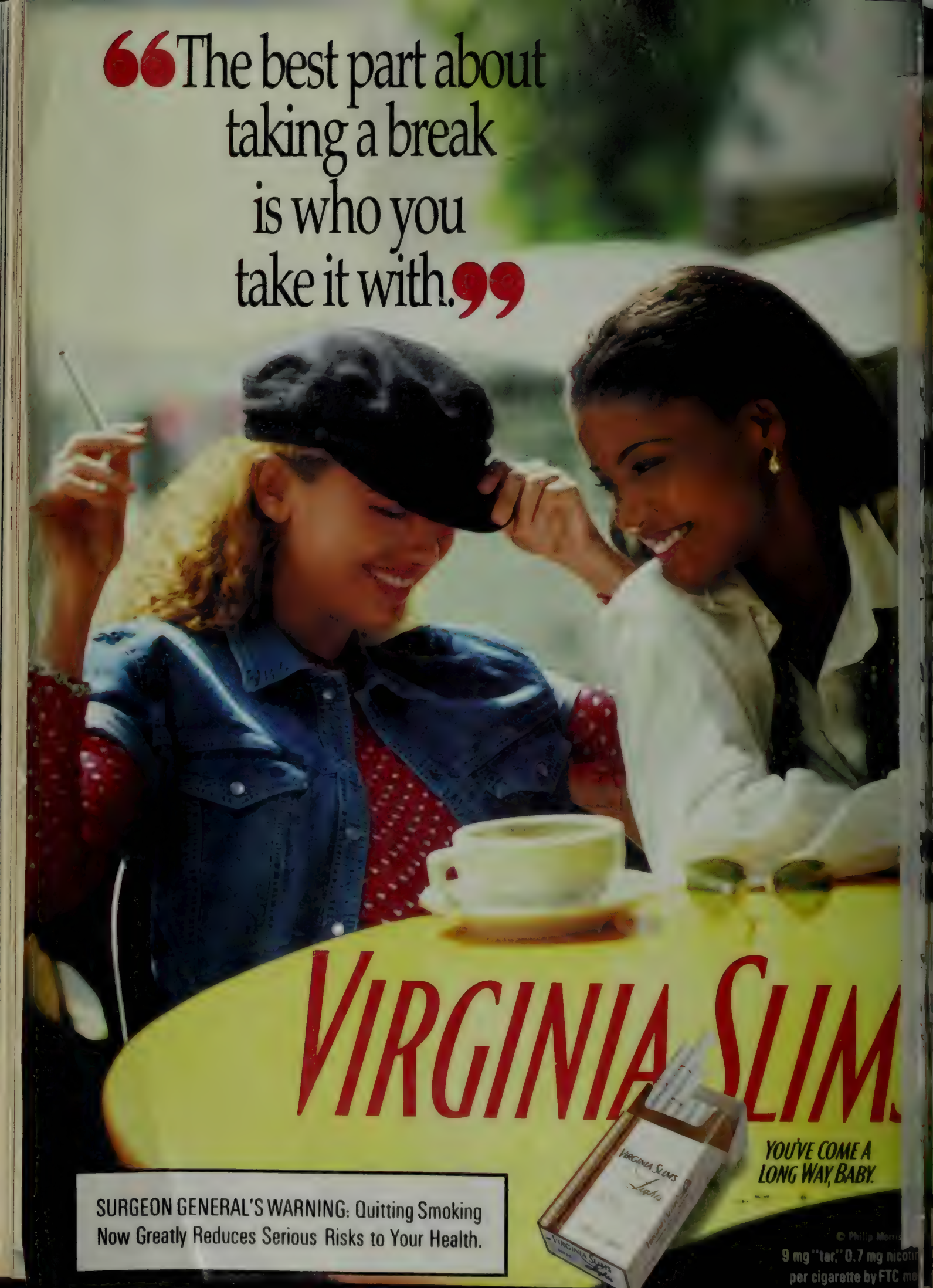
So if you want to know more about the Mercury Villager, we suggest you take it for a test drive or call 1 800 446-8888. And pay no attention to that gentleman in the lower right-hand corner.

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p. She opened her eyes
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Collectibles
p.101

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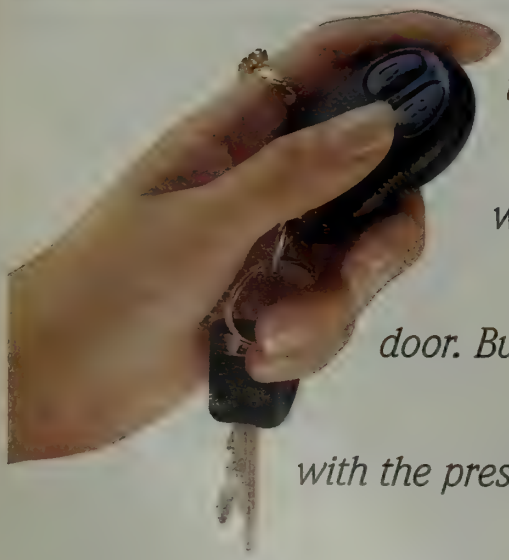

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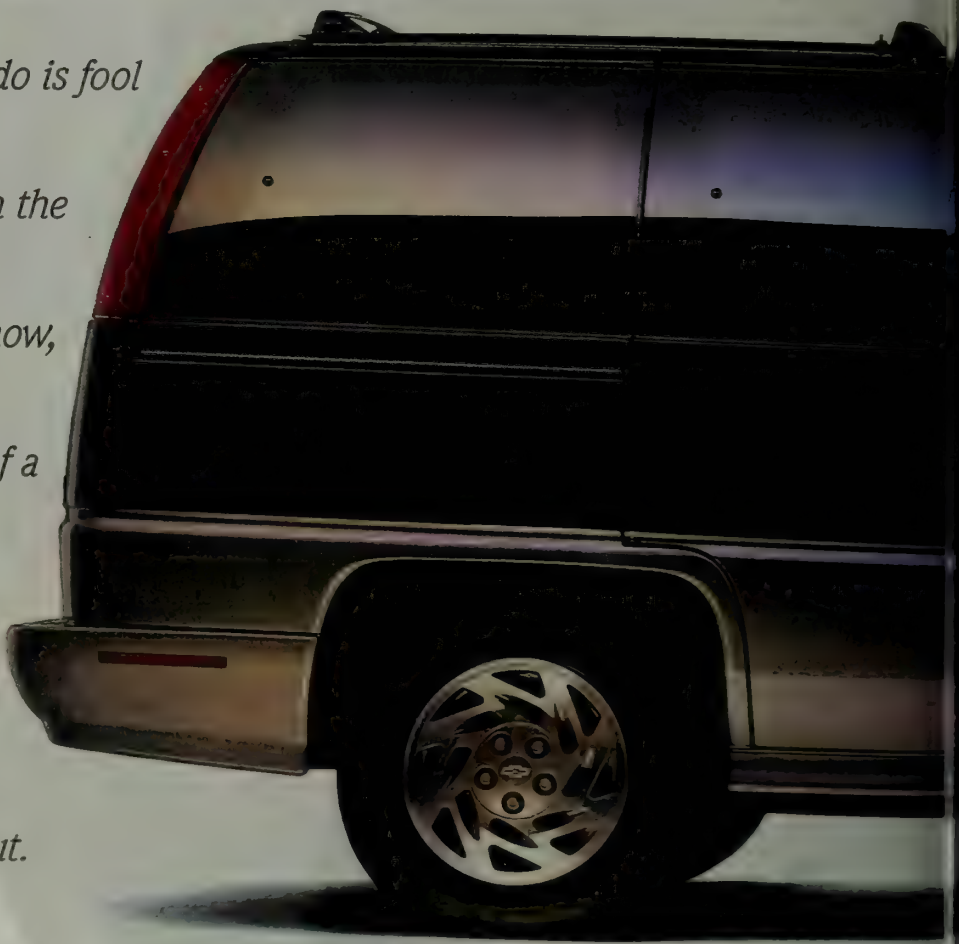
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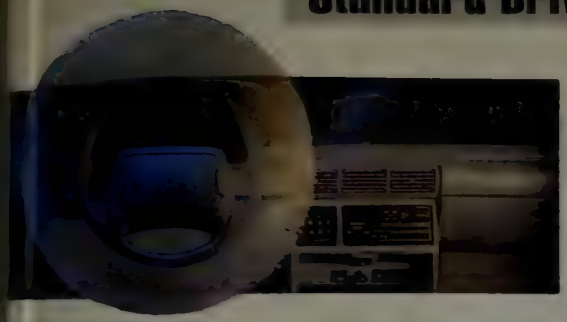
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CONTENTS

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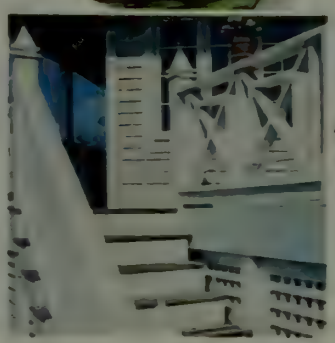
VOLUME 71 NUMBER 11



176
Our Cover Story
30 incredible cookie ideas and decorating instructions.

101
Collector's Passion

109
Home Improvement Contest





19
Classic Garden Gifts

FRIENDS AND FAMILY

Editor's Letter 12
Family Network® *Solutions to family problems* 16
Great Gift Ideas *Help us help homeless families* 89
The Man Next Door® *Writes about family, friends, and neighbors* 270

GARDENING

Classic Garden Gifts 19
Gardener's Almanac 30

DESIGN

Collector's Passion *Living with the things you love* 101
Free-Spirit Rooms 141

BUILDING AND REMODELING

Tips, Tools, & Techniques 94
Home Improvement Contest *New looks you can buy* 109

continued on page 8

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continued from page 7



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CRAFTS

Countdown To The Holidays 159

FEATURES

Toys That Teach *Gifts for kids that help them learn* 36
Bed-Wetting Blues *Points for parents on a frustrating problem* 40
Shopping Green *Making sense of product labeling* 48
Holiday Videos *Use your camcorder like a pro* 153
Auto Update *Tire tips, gas savvy, and more* 254
Good Dog *Train your pooch to behave* 258

FAMILY HEALTH

Fitness Matters 52
The Indoor Oasis *Humidify for health* 58
Good Food/Good Health *Baking* 66
Lifesaving Tests *Ask your doctor for them* 72
Health Update *Medical news you can use* 78

FOOD

Cookies *Over 30 tempting holiday gems* 176
Holiday Cookie Contest *More than $10,000 in prizes* 178
America's 15 Favorite Appetizers And Snacks 193
American Heritage Desserts 202
Nutrition Information 232
Recipe Index 232
Cooking With Cardamom 234
Old-Fashioned Potpies 236
Lightened-Up Plum Pudding 238
Turkey Roasting Guide 240
House Of Chocolate 248
Win Money For Your Recipes 249
Prize Tested Recipes® *Shrimp favorites, Cranberry creations* 251

SHOPPING

Buying Guide *Names and addresses of retailers and manufacturers of products shown on our editorial pages* 154
Directory Of Architects And Designers 157
Shopping Editor's Choice 264

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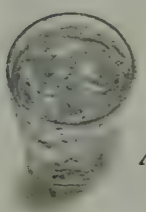
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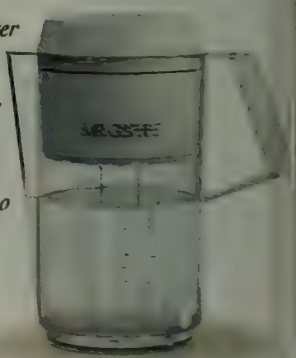
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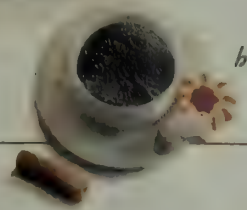
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Legs.

By NordicTrack, of course.

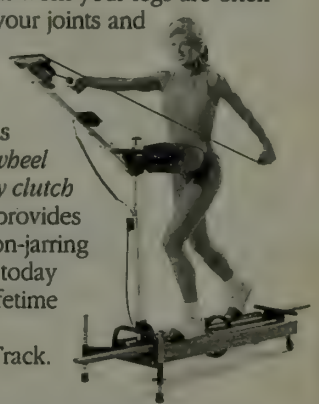


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NordicTrack won't hurt your hips or knees!

A NordicTrack is so safe, many doctors and physical therapists recommend it to their patients with injuries. While other machines that work your legs are often stressful on your joints and frequently lead to pain and injury, NordicTrack's *patented flywheel and one-way clutch mechanism* provides a smooth, non-jarring motion. Call today and start a lifetime of fitness with NordicTrack.



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I'm no chef...

I love Chinese food,



but I can't afford to eat out as much as



I'd like. So I take a pork chop, cut it into strips, heat a



little oil in a skillet, brown the pork, add



chopped-up peppers, mushrooms, and onions and cook until done, stirring as it goes. A shot of soy sauce and my masterpiece



is ready!

Tom Lindgren
Centerville, Ohio

For recipes, send a self-addressed, stamped, business-size envelope to: Recipes-Ad, Box 10383, Des Moines IA 50306

pork®

The Other White Meat.®

America's Pork Producers.

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between friends



PERRY STRUSE

It seems the holidays sneak up faster each year. The minute Labor Day is behind us, Thanksgiving displays show up in stores. And long before the Thanksgiving turkey is laid to rest, the Christmas spirit has invaded every commercial outlet that might have a gift to sell, a party to plan, or a holiday outfit you can't live without.

Something in me still is bothered by that, even though I could save a lot of last minute panic if I got started on Christmas preparations as early as I used to. There was a year I knit sweaters for both my father and brother and in order to get the job done, I had to start about the time the leaves turned color. But that fall was an investment in love. Every stitch was a wish that those two special men in my life would be wrapped in happiness the way I intended those sweaters to wrap them. Caring—really caring—takes time and planning.

That's why it's not too early to remind you that if, this holiday season, you want to share the good things in life with friends and family, you might want to consider a gift subscription to *Better Homes and Gardens®* at a very special price. You'll find a postage-paid envelope following *page 260*. It's a great way to show the people you care about that you're wishing them—and giving them—the best. And you don't have to knit for three months to do it!

Jean LemMon

Jean LemMon, *Editor in Chief*

WHIRLPOOL PRESENTS YOU WITH AN AMAZING NEW ACCESSORY IN RANGES. YOUR HUSBAND.



We've found out something interesting about the Whirlpool® CleanTop™ electric range. Men find it very attractive. They like cooking on it because it's so easy to clean. Sealed burners wipe spotless in seconds. Our SPILLGUARD™ cooktop is raised at the edges to keep spills on top. There are no cracks to cause drip-down disasters. And with radiant elements that heat up in 10 seconds, he'll be cooking in no time. So you get a break from making meals. And an accessory that actually winds up serving the family supper.



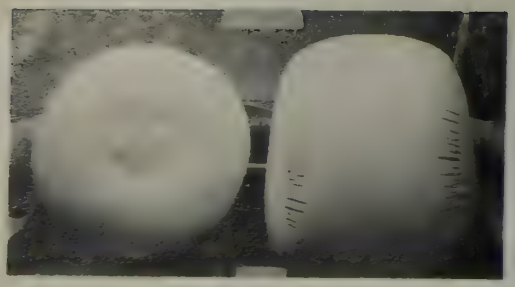
SPILLS WIPE CLEAN EASILY.

Whirlpool Home Appliances

Want to know more about making your home run with Whirlpool appliances? Call 1-800-253-1301. Any day. Anytime.

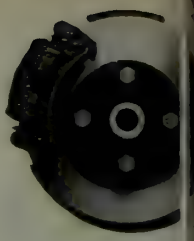
HOW TO MAKE A HOME RUN.™

Whirlpool Corporation ®Registered trademark/TM Trademark of Whirlpool Corporation

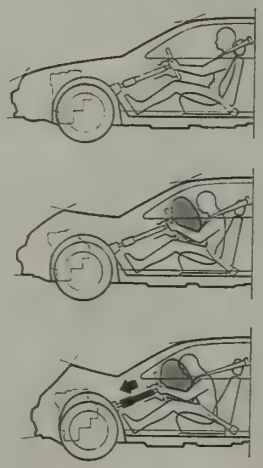


Statistics indicate the airbag effectively helps to save lives. That's why every 1994 Nissan Altima® is equipped with two. Standard.

Not all anti-lock braking systems are created equal. Some rely on two sensors. Some, three. The optional ABS on the Altima® has four, one for each wheel.

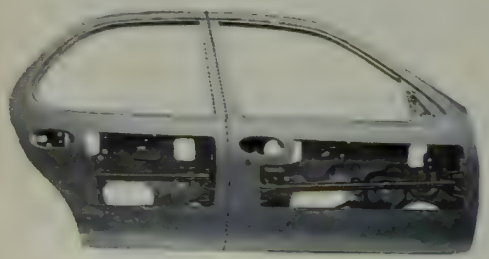


The steering column, like the ones found on the Mercedes, BMW and Lexus, is designed to absorb maximum impact energy.





It's a $14,000 car in a showroo



Steel side-door guard beams, utilizing a pipe-style design, increase intrusion resistance. In other words, there's a better chance the cabin will stay a cabin.

Unlike any other sedan in its class, the Altima features Super Toe Control™ to help you avoid accidents. As cornering forces increase, rear wheels turn in proportion, resulting in remarkable maneuverability.



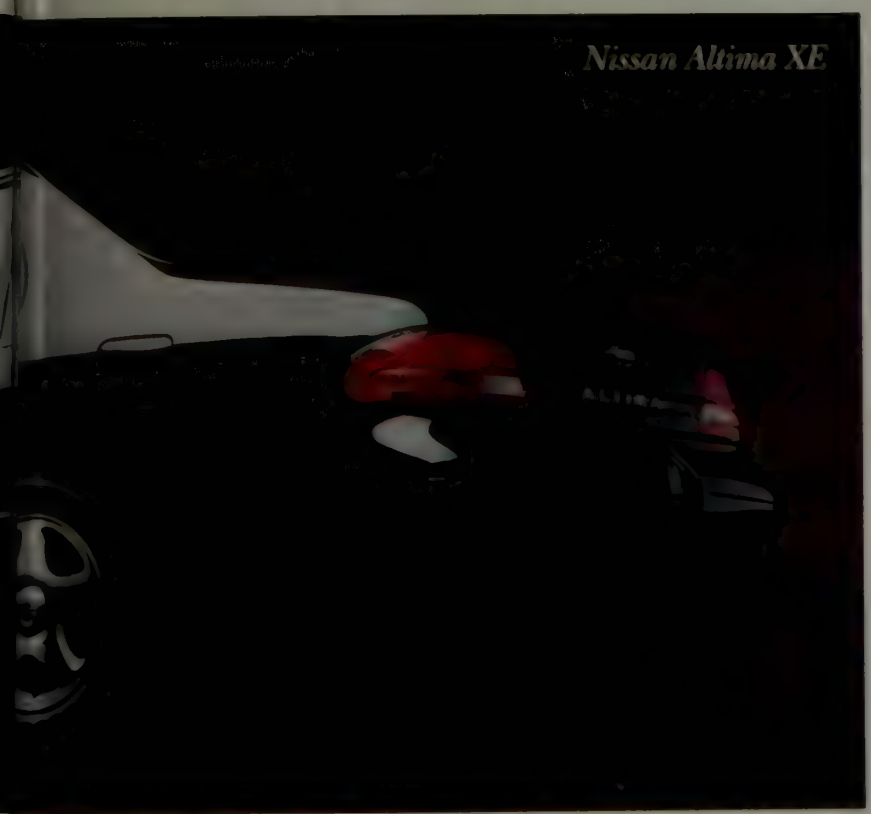
*Nissan Motor Corporation U.S.A. Smart people always read the fine print. And they always wear their seat belts. *MSRP for the Nissan Altima XE excluding t*



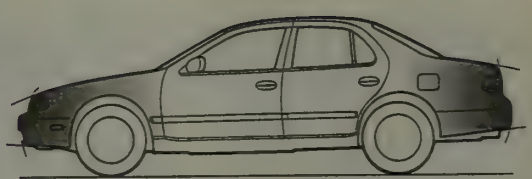
Passenger protection is provided by our Intelligent Body Assembly System and its 51 robots responsible for the DURASTEEL® unibody construction.



New three-point active seat belts with adjustable shoulder belt anchors provide greater comfort and convenience without sacrificing safety.



ıt a $45,000 car in an accident.



We conducted the equivalent of close to 15,183 man years of crash testing on the Cray® XMP/12 computer to determine the structural design of the energy-absorbing crumple zones.

Besides having many of the same luxury features, the $14,000 Nissan Altima and the typical $45,000 sedan share many of the same safety features. Of course, the Altima doesn't have a fancy hood ornament. But what kind of protection do you suppose is offered by a hood ornament? For more information, call 1-800-NISSAN-3 ext 450.*

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, license, destination charges and options. XE model shown with optional alloy wheels and audio system. Cray is a registered trademark of Cray Research, Inc.

family network

READERS' SOLUTIONS

TOO MUCH "HOW MUCH?"

If you have a friend who's always asking what you paid for something, I find the best answer is "too much." If they persist and ask exactly how much that is, I tell them, "More than I should have paid." People usually get the hint after that.

Joann Peters
Johnson City, Tenn.

AMERICA'S MOST VALUABLE HOME VIDEOS

As a public fire insurance adjuster, I know that a large problem is proving ownership of personal property that is destroyed in a fire. A very simple solution is to videotape your home room-to-room, with an audio accompaniment if possible. Start with an opening shot of a local newspaper to authenticate the date the video was taken. Store the tape in a safe place such as a bank vault.

Donald P. Beck
Livingston, N.J.

HOME SCHOOLING

For information on home schooling, parents can write: Loving Education at Home (LEAH), P.O. Box 332, Syracuse, NY 13205; or Home Schoolers Exchange, RD1, Box 172E, East Chatham, NY 12060.

Gwen B. Sisson
Columbus, Md.

GETTING ACQUAINTED

To prevent my toddler from fussing when I left him alone with a sitter, I hired one to spend time with him while I was home. The sitter played with my son while I did work around the house, and I paid her the same amount as if I were gone. After several visits, my son was comfortable enough that we could leave him alone with the sitter.

Anita Spencer
Columbia, N.C.

A NEW FRIEND

When a younger child feels abandoned by an older sibling leaving home, the younger child needs a new source of love. A pet, especially a kitten or puppy, can help the child feel less lonely.

Trudy Roughgarden
Palo Alto, Calif.



SIGN IN, PLEASE

My mom, who is in a nursing home with Alzheimer's disease, often forgets who has been to visit her. We've placed a tablet and pen on her bedside desk so visitors can sign in and say a little something about the nature of their visit. This also gives the visitor something to talk about with her.

Cindy Seeley
Elmira, N.Y.

TOO LATE FOR KIDS?

If you are an older couple trying to decide whether to add a child to your family, try spending some time with a young child for a few weeks to see how it goes. It's a good way to measure your time and energy.

Lorna Kirkland
Garden Grove, Calif.

COUPLE TIME

When my husband and I both worked and had young children, time for us to spend together as a couple seemed rare. We started a baby-sitting exchange with another couple in the same situation. We took their kids for a night, and they took ours another night, on a regular basis. It helped us feel like a couple again.

E. Newlin
Denison, Texas

BILINGUAL CHILDREN

I live overseas and know several families where the father is American and the mother speaks native German. The children learn both languages easily, and also know instinctively which language to speak with each parent. One friend said it was something to have his three-year-old translating conversations between him and his in-laws. Today the children can converse in either language.

C. A. Puryear
Vienna, Austria

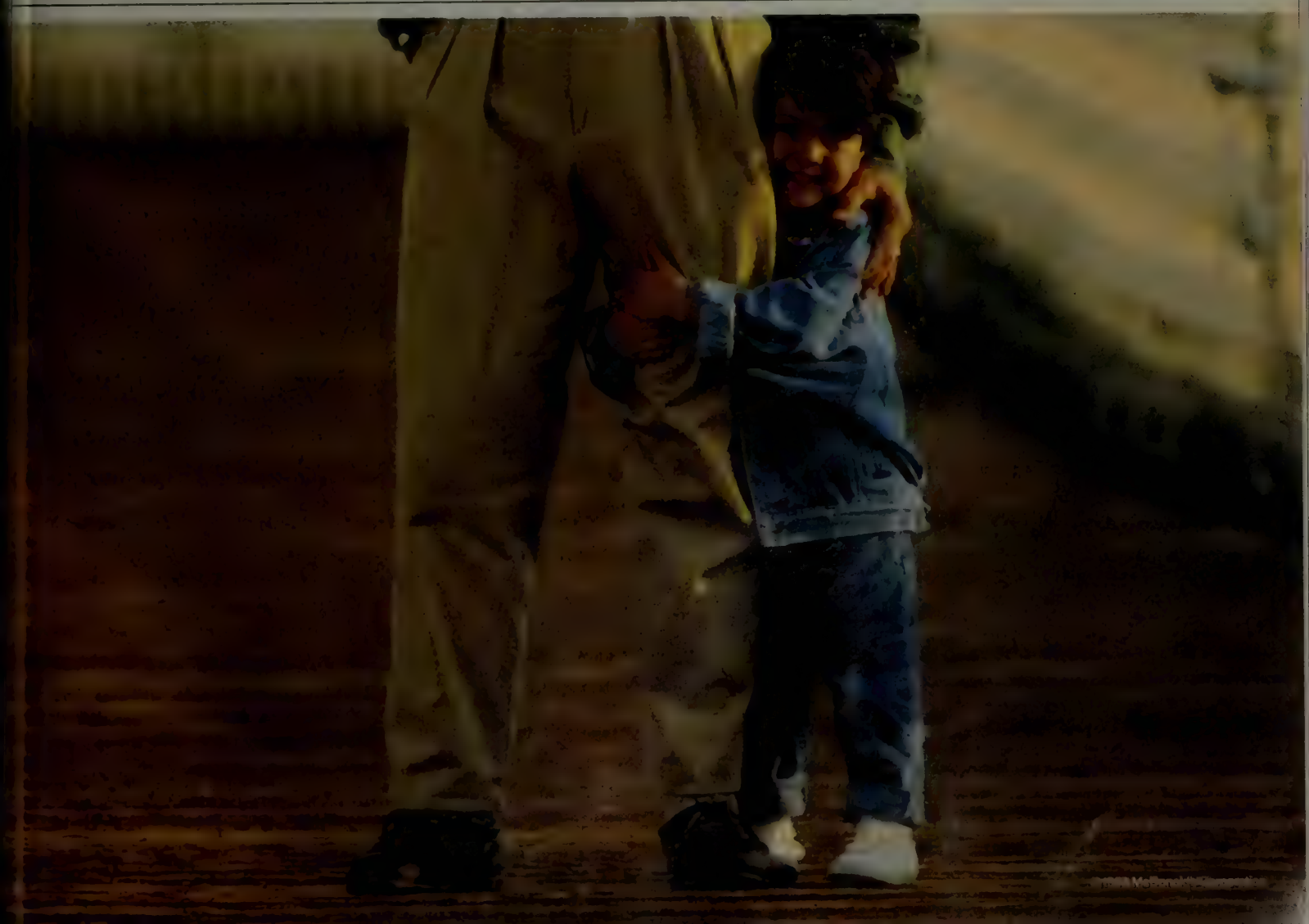
ON-TIME KIDS

When my brothers and I were children, my mother always had difficulty getting us to come home on time. Her solution was to give us a cordless travel alarm clock with the alarm set to go off when we needed to leave. We always knew when it was time to go home and didn't have to keep running inside to check the clock.

M. K. Shelton
Florence, S.C.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of Better Homes and Gardens. We will pay $50 for each idea published.



BAILEYS®

We invited a few friends over for Baileys and caroling. An entire choir showed up at our door.





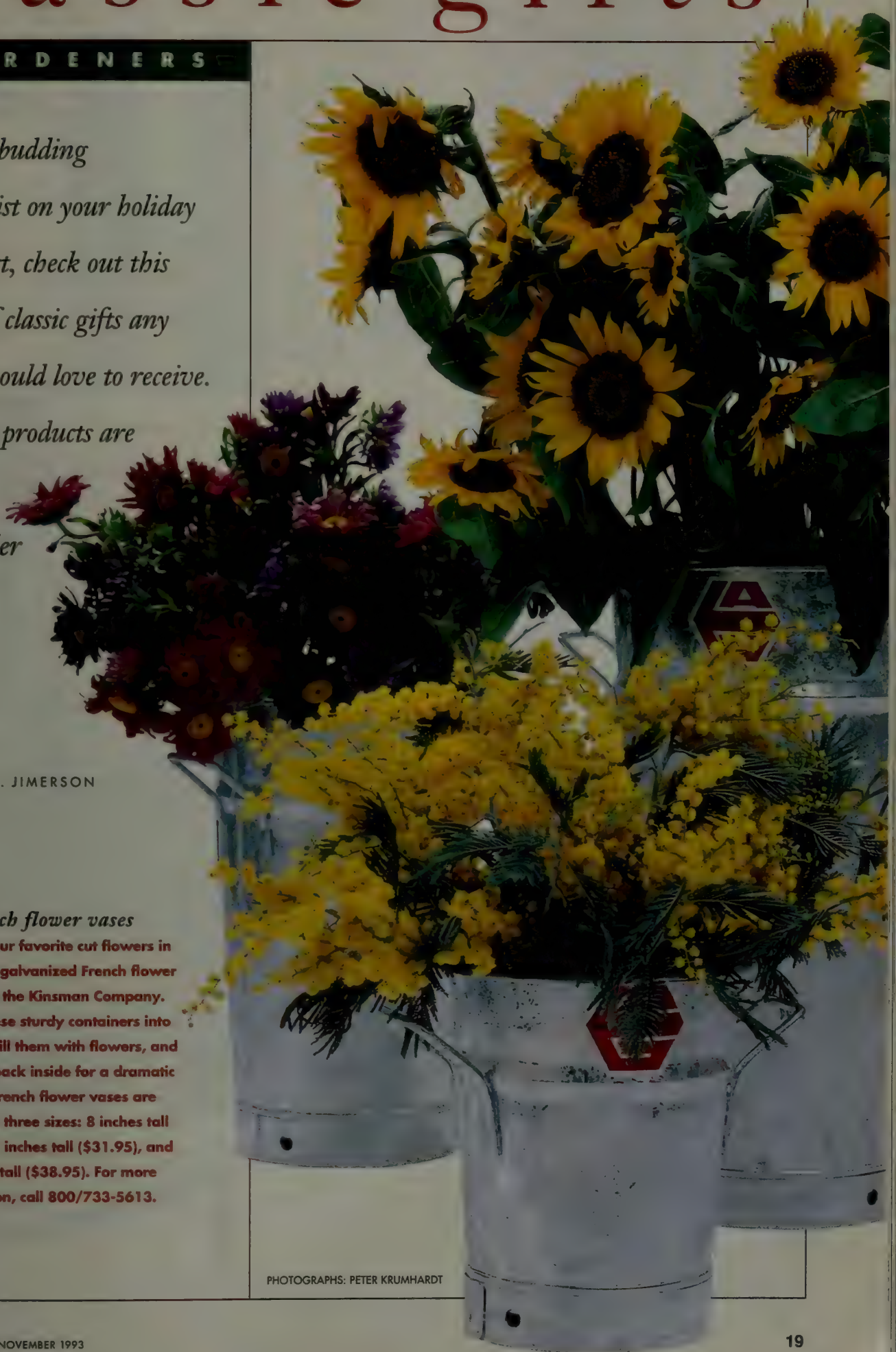
BAILEYS AND BAILEYS LIGHT

classic gifts

for GARDENERS

If there's a budding horticulturist on your holiday shopping list, check out this collection of classic gifts any gardener would love to receive. All of these products are available by mail order for quick delivery.

BY DOUGLAS A. JIMERSON



PHOTOGRAPHS: PETER KRUMHARDT

French flower vases

Show off your favorite cut flowers in one or more galvanized French flower vases from the Kinsman Company. Just carry these sturdy containers into the garden, fill them with flowers, and bring them back inside for a dramatic display. French flower vases are available in three sizes: 8 inches tall ($30.95), 12 inches tall ($31.95), and 18 inches tall ($38.95). For more information, call 800/733-5613.



English copper watering cans

Water your houseplants in style with an English copper watering can from Langenbach. It's made of solid copper and fitted with a brass rose. The can holds 1 liter of water. To order, call 800/362-1991. Price: $32.00.



Watering can

An oversize handle on the elegant oval watering can lets you pour water from any angle without straining your back. Available from Kinsman, the can has a detachable brass face rose. To order, call 800/733-5613. Price: $30.00.

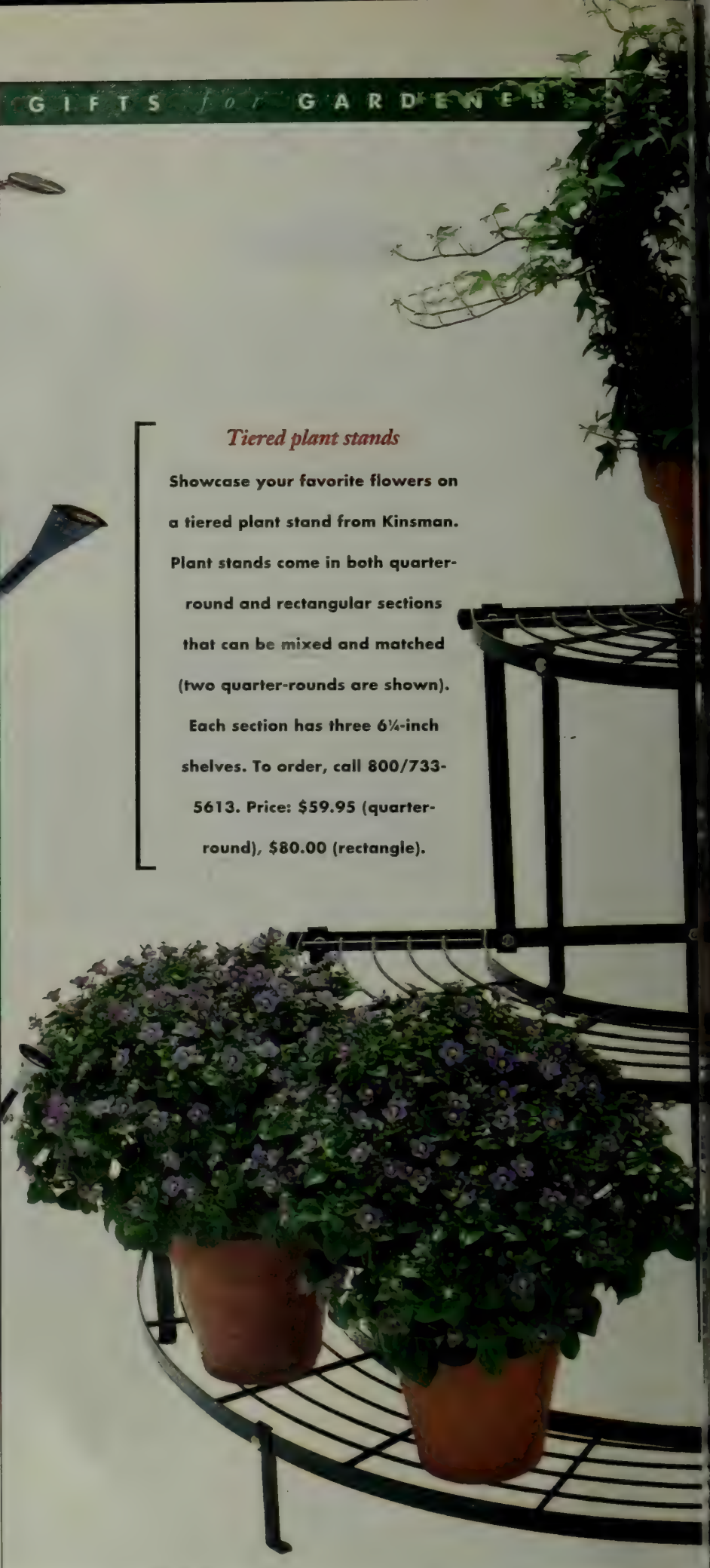


Colorful cans for kids

Lightweight and colorful, children's oval watering cans from Kinsman are sure to be a hit with budding young gardeners. The cans are made of tinned steel, painted red or green. To order, call 800/733-5613. Price: $13.95 each.

Tiered plant stands

Showcase your favorite flowers on a tiered plant stand from Kinsman. Plant stands come in both quarter-round and rectangular sections that can be mixed and matched (two quarter-rounds are shown). Each section has three 6¼-inch shelves. To order, call 800/733-5613. Price: $59.95 (quarter-round), $80.00 (rectangle).





French enamel thermometers

Here's a stocking stuffer any gardener would enjoy. French enamel thermometers from Smith & Hawken are made of solid steel with a baked enamel finish. Calibrated in both Fahrenheit and Celsius, the thermometers can be hung indoors or out. Available in blue or green. To order, call 415/383-2000. Price: $14.00 each.

For the birds

Entice songbirds to your backyard by offering food in a variety of feeders. Here are three of our favorites:

Goldfinches will be regular visitors when you serve up some thistle seed in a Briarwood finch feeder, *below left*. It has 8 feeding stations and can hold up to four pounds of thistle seed or finch mix. To order, call 800/842-9825. Price: $29.95.



The classic bird feeder from Gardener's Supply, *above center*, is large enough to handle more than a gallon of sunflower seeds. It comes with a 68-inch pole and has a top that lifts off for easy filling. To order, call 802/863-1700. Price: $55.00.

Fed up with flimsy bird feeders that fall apart after one season? The Coppertop Hopper feeder from Woodlink, *above right*, is both tough and attractive. Made from kiln-dried cedar, the Coppertop Hopper will dispense 15 pounds of seed. To order, call 800/842-9825. Price: $64.95.

continued on page 22



Garden tools for young sprouts

Introduce your children to the joy of gardening with kid-size tools. A complete set of kids' tools is available from Langenbach. Virtually unbreakable, these tools are ideal for children between the ages of 3 and 10. The set includes a bamboo leaf rake, a hoe, a shovel, a cultivator, and a garden rake. To order, call 800/362-1991. Price: $39.75 per set.

British trug

The Southdown trug from Kinsman is sturdy enough to carry produce or garden tools. Handcrafted in Sussex, England, each trug is made of weather-resistant wood and is available in either green (shown) or maize trim. To order, call 800/733-5613. Price: $52.95 (large).

continued on page 24

SELINE PHARMACEUTICAL RESEARCH

w your red, rough, painfully dry skin be the picture of health.



troducing Dermasil. ew from Vaseline Research.

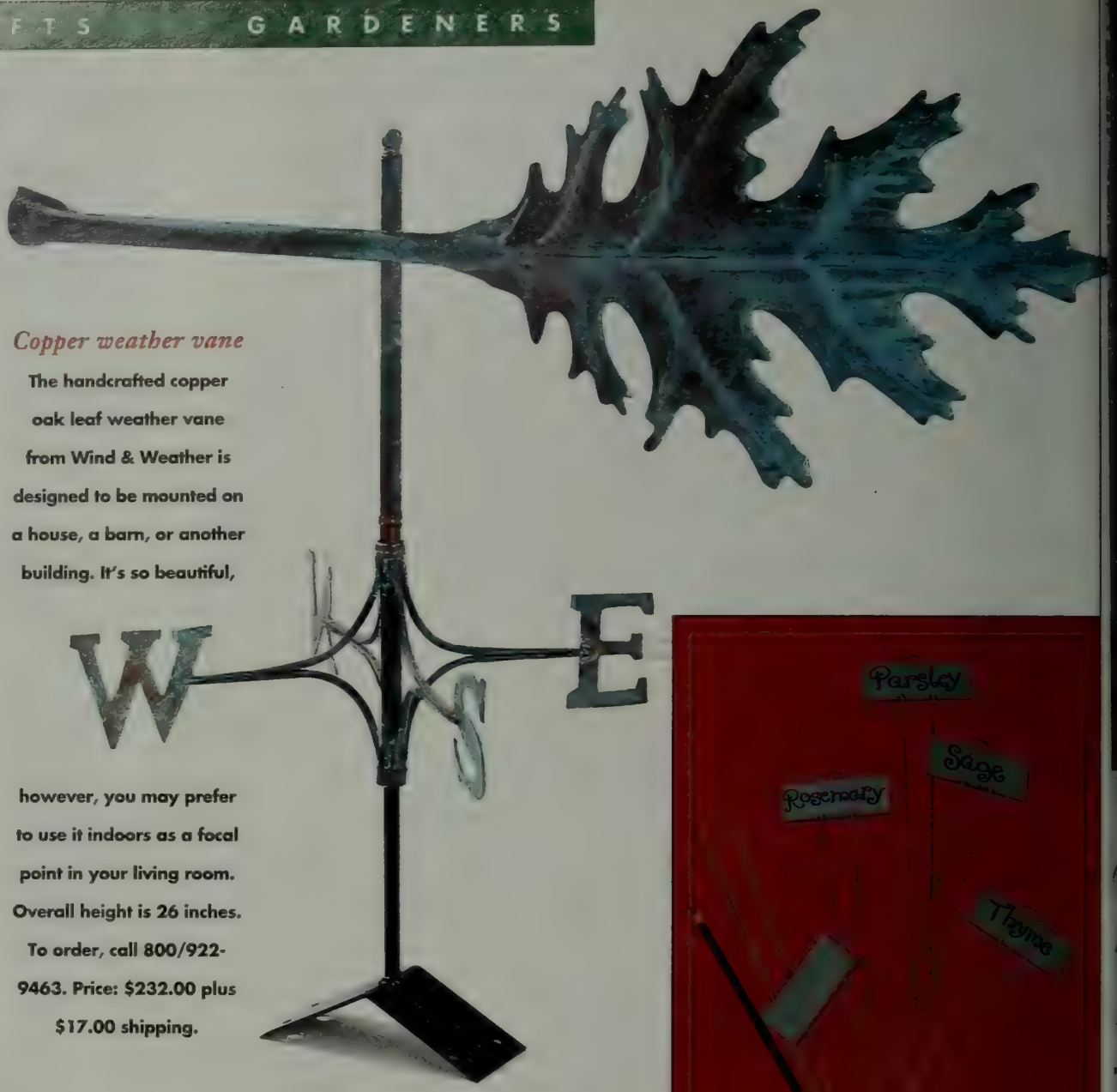
f your skin is so dry it's sore, cracked, h, red, chapped, itchy or flaking, it can t almost everything you do. At last there breakthrough.

From Vaseline Research™ comes new rmasil® Pharmaceutical Dry Skin Treatment. ur-tier formula that's clinically proven to trol all seven symptoms of severe dry skin.

This advanced hand and body treatment works not just to add moisture, but to add crucial lipids, which are found in normal, healthy skin. These lipids work to help repair the skin's natural moisture barrier.

Try new Dermasil Lotion, Cream or Concentrate. And you could have the healthy skin you've always pictured.

Photos simulate clinical results. ©1993 Chesebrough-Pond's USA, Co.



Copper weather vane

The handcrafted copper oak leaf weather vane from Wind & Weather is designed to be mounted on a house, a barn, or another building. It's so beautiful, however, you may prefer to use it indoors as a focal point in your living room. Overall height is 26 inches. To order, call 800/922-9463. Price: $232.00 plus $17.00 shipping.



Munstead flower basket

Renowned English gardener Gertrude Jekyll (1843-1932) designed this elegant wicker flower basket for use at her Surrey home. Available from Smith & Hawken, the basket measures 24 inches long and 19 inches wide. To order, call 415/383-2000. Price: $32.00.

Weatherproof plant markers

Keeping track of perennials, bulbs, herbs, and other flowers just got easier. The weatherproof plant markers from Gardener's Supply have galvanized wire legs and etched zinc nameplates for recording variety names and planting dates. The carbon pencil won't wash off, but can be removed with soft steel wool. To order, call 802/863-1700. Price: $10.95 for 25 large markers and a pencil.

continued on page 26



©1992 American Plastics Council.

Some Benefits Of Plastic Last For Only Half A Second.

A very important half-second, though. But while the lifesaving benefits of automotive air bag systems are well-known, what isn't well-known is that many components, including the bag itself, are all made of plastic. • Of course, plastic makes a lot of things safe. Like packaging that keeps medical equipment sterile. And harmful medicines out of the hands of children. Plastic wraps and trays that keep food fresh and safe. And shatter-resistant plastic bottles. • To learn more about how plastic can make a world of difference in our lives, just call 1-800-777-9500 Ext. 42, and the American Plastics Council will gladly send you a free booklet. • Because even though some benefits of plastic, like the air bag, may last a mere split second, it may be one your family will remember for a long time.

TAKE ANOTHER LOOK AT PLASTIC.

Garden cart

Dump that wobbly wheelbarrow and replace it with a sturdy garden cart from Gardener's Supply. With widely spaced tires and a telescoping handle that adjusts to your height, the garden cart can haul a 300-pound load. For quick unloading, the front gate of the cart slides out. To order, call 802/863-1700. Price: $149.00.



MORE BRANS



Corn

Wheat

© 1992, Ralston Purina Company

continued on page 28



Giverny bench

Smith & Hawken's elegant, bow-backed garden bench is modeled after those found in Claude Monet's garden at Giverny. The all-teak bench has pegged mortise-and-tenon joinery. It's available in 4-foot, 5-foot (shown), and 6-foot lengths. To order, call 415/383-2000. Price: $595 (5-foot model). The roses are Holiday Miracle. To order, see *page 30*.

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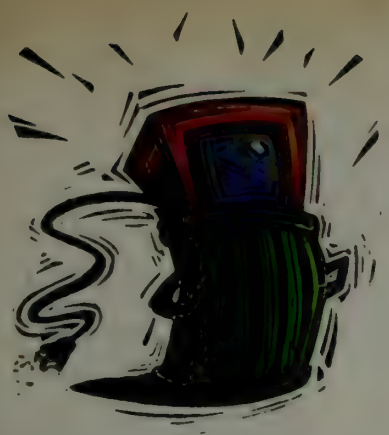
Ikebana shears

For clipping fine-stemmed flowers or trimming houseplants, consider Smith & Hawken's Ikebana Shears. Their butterfly-shaped handles are comfortable to use. To order, call 415/383-2000. Price: $22.00.



Hand tool collection

Chances are your favorite gardener can use some new hand tools. Here's a collection of gardening tools from de Van Koek/Dutch Trader [illegible] a trowel, a hand fork, a dibble, and a hawk claw. All [illegible] forged steel with hardwood handles. To order, [illegible] 800/922-1220. Price: $36.50.



If you feel like throwing out our television with the morning ash, read on.

Gratuitous violence. Explicit ex. The glamorization of drug use. ound familiar? It should. After all, 's in your living room every day.

We know what you're thinking. f you complain about what's on elevision these days, you end up ounding like a prude. "When I was kid blah, blah, blah...."

Well, there is an alternative you may not have thought about. The Disney Channel. "Isn't that the channel that shows a lot of kids' shows?" you ask. Yes. Sort of. But it's actually a whole lot more than just kids' shows.

For starters, it's programming that's suitable for the entire family. And it's totally commercial-free.

Exclusive Disney movies like "Honey, I Blew Up the Kid" starring Rick Moranis. Original specials like "The American Teacher Awards." As well as music specials featuring contemporary recording artists like country singer Trisha Yearwood.

Sound interesting? You're in luck. On the opposite side of this flap, you'll find a handy schedule featuring some of the highlights of our upcoming free preview.

It's a great chance to see what The Disney Channel is all about. Because it's absolutely free for the entire week.

So clip the schedule, place it within easy reach of your sofa, and tune in when you get a chance. If you like what you see, subscribe.

Happy viewing.



NEVER RUB A TUB THE WRONG WAY



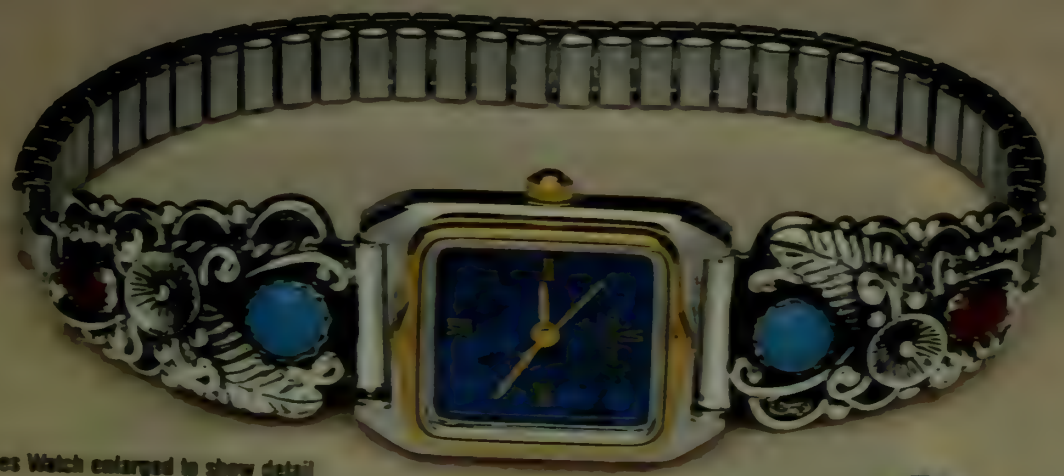
THE RIGHT WAY

DIRECTED

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Ladies Watch enlarged to show detail

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gardener's almanac

NOVEMBER 1993

THE TIME TO PLANT MIRACLES

To help spread the holiday spirit, we're offering two miniature roses you can give as living, lasting gifts. Five dollars from the sale of each Holiday Miracle or Small Miracle rose will go to The Better Homes™ Foundation's Kidstart program designed to assess homeless children's needs and connect them with local schools and medical services.



Introduced by the folks at Harry & David, Holiday Miracle rose, *left*, produces wave after wave of velvety red blooms. These hardy, upright plants will flower all winter on a sunny windowsill. In the spring you can replant your rose outdoors as a reminder of your thoughtfulness.



Once again you can buy the white miniature rose, Small Miracle. Developed and sold by Jackson & Perkins, Small Miracle comes fully budded in a 6-inch red wicker basket with candy cane ornaments.

HOW TO ORDER

Holiday Miracle arrives in a 6-inch nursery pot, nested inside a hand-woven wicker basket. It's available for $24.95 plus $5.95 shipping. Harry & David will donate five dollars from each sale to The Better Homes™ Foundation. Specify number 8815X. To order, call 800/547-3033.

Small Miracle is available for $24.95 plus $5.95 shipping. For every Small Miracle purchased, Jackson & Perkins will donate five dollars to The Better Homes Foundation. Specify number 3300C. To order, call 800/292-4769.





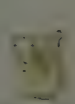




WIN $50,000 TOWARD A NEW KITCHEN. INSTANTLY.

Pick up a specially marked "Today's Kitchen" jar of NutraSweet® Spoonful™ and if it has the winning game piece in it, you could win $50,000 toward a new kitchen. There are also 18,000 other prizes including modern appliances like juicers, food processors and microwaves, as well as NutraSweet Spoonful Recipe Collections. Because the way we see it, the only thing better than enjoying NutraSweet Spoonful on your favorite foods, is enjoying NutraSweet Spoonful in your brand-new kitchen.

THINK OF IT AS SUGAR WITHOUT ALL THE SUGAR.™



POUR IT



TOSS IT



DIP IT



MIX IT

NO PURCHASE NECESSARY. To get FREE game piece and official rules, send a self-addressed, stamped envelope for receipt by 6/30/94 (WA residents omit return postage) to: NutraSweet® Spoonful™ "Today's Kitchen" Sweepstakes, PO Box 23565, Milwaukee, WI 53223. Limit one request per outer mailing envelope. Requests will be honored while supplies last. Must be U.S. resident 18 or older. Void where prohibited. All prize claims must be received by 9/30/94 and are subject to verification. Sweepstakes is subject to complete official rules. ©1993 The NutraSweet Company. NutraSweet and the NutraSweet symbol are registered trademarks of The NutraSweet Company.

157 Reasons to Collect The Origin



now Village by Department 56, INC.

ce Department 56, Inc., first troduced The Original Snow e, our collectors have had an tunity to collect 157 pieces of ture real estate.

charm of a snow-laden village, rated for the holidays and e feelings it inspired, provided lea for the 6 nostalgic buildings ned in 1976 and introduced 77. The Original Snow Village begun. Over the years, the ge has grown. 157 lighted ns have been introduced, 32 available in the current 1993 collection.



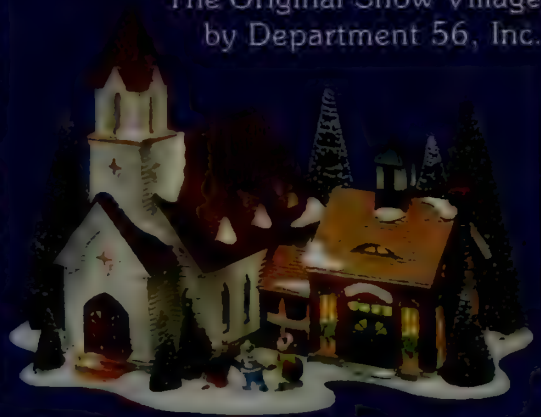
mbination of craftsmanship and nation comes together to create lassic display of nostalgia. Each



lighted item in the Snow Village series is hand-crafted of ceramic, and painted to create the charming detail of a wonderful "olden day" village. Pieces come packed in individual Styrofoam storage containers with illustrated sleeves providing a convenient way to pack and store your collectibles. Pieces are embossed with a bottom stamp displaying The Original Snow Village logo, title, year of introduction and the Department 56, Inc., logo. Lighted pieces are complete with a UL approved switched cord and bulb to provide the warm glow that shines through the open windows and doors.

Today the Department 56 architects strive to keep the dream alive by bringing you new ideas, new techniques, and new materials all of which result in an exciting array of buildings and charming accessories.

Throughout the years, collectors have made The Original Snow Village an established tradition. When starting your collection, remember to choose The Original Snow Village by Department 56, Inc.



Just imagine . . . snow laden trees, wreaths at the windows and welcome mats out . . . The Tradition Continues!

Department 56 INC.

The Original

Snow Village

1977 - 1993



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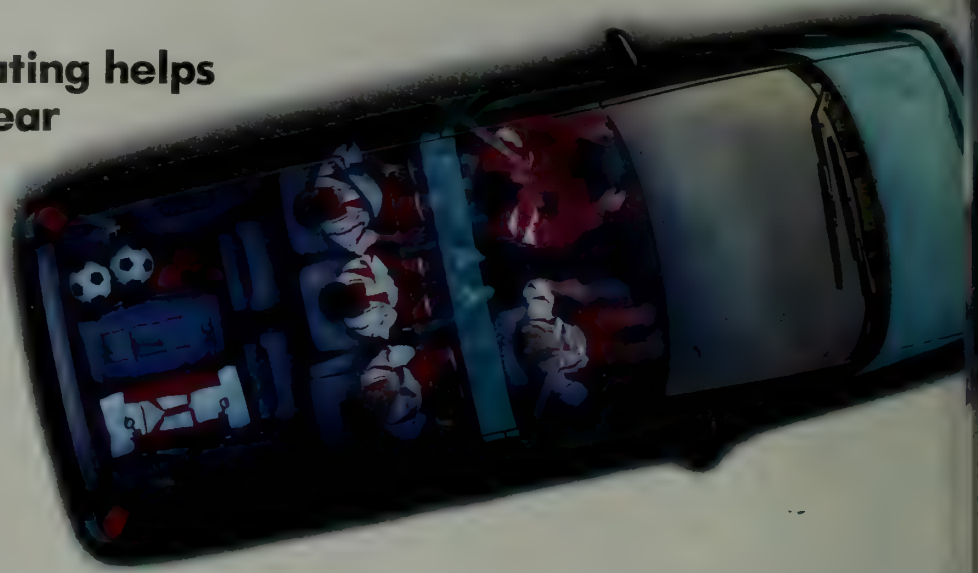
A Saturday In The Life Of Our Pontiac Trans Sport

8:07 a.m. Anti-lock brakes save day for du

Our weekend doughnut run was an adventure, thanks to some wayward ducks. Fortunately, our Trans Sport has standard anti- brakes, so we stopped easily without ruffling any feathers.

11:01 a.m. Flexible seating helps get soccer stars and gear to game.

The available modular seating in our Trans Sport really came in handy. We just arranged the seats for five people, then folded and stowed the back seats for even more room.





PONTIAC CARES with a 3-year/36,000-mile no-deductible bumper-to-bumper limited warranty (see your dealer for details). transportation. Call 1-800-762-4000 for more product information and dealer locations. c 1993 GM Corp. All rights

2:28 p.m. New power sliding door helps weekend warrior.

Even with our arms full, Trans Sport helped ease the load. We just pressed a button on the key fob, and the side door opened automatically.





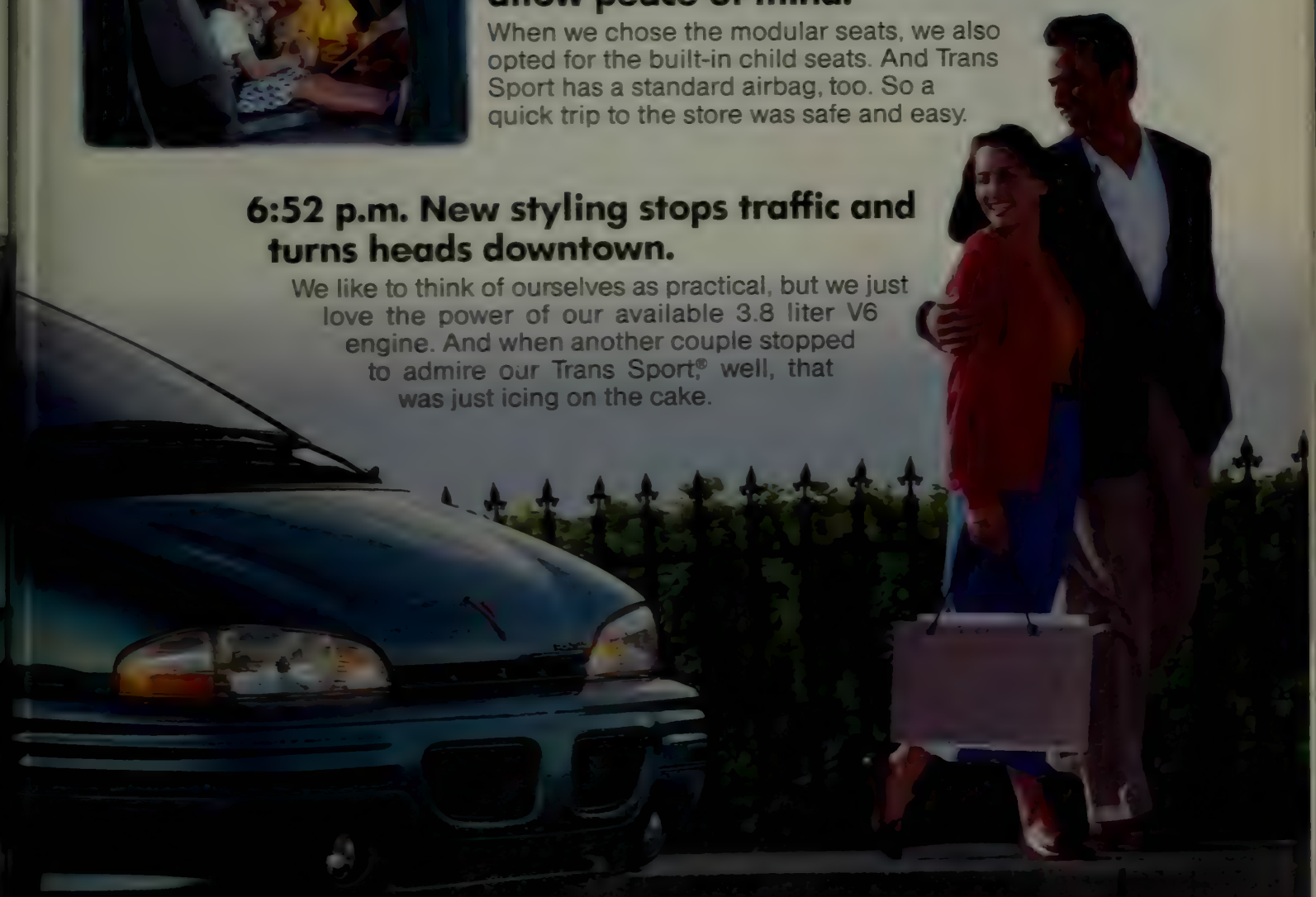


4:35 p.m. Safety features allow peace of mind.

When we chose the modular seats, we also opted for the built-in child seats. And Trans Sport has a standard airbag, too. So a quick trip to the store was safe and easy.

6:52 p.m. New styling stops traffic and turns heads downtown.

We like to think of ourselves as practical, but we just love the power of our available 3.8 liter V6 engine. And when another couple stopped to admire our Trans Sport,® well, that was just icing on the cake.



Roadside Assistance and Courtesy

wear safety belts. even with airbags.

PONTIAC.

WE ARE DRIVING EXCITEMENT

 By Barbara Hall Palar

Toys That Teach

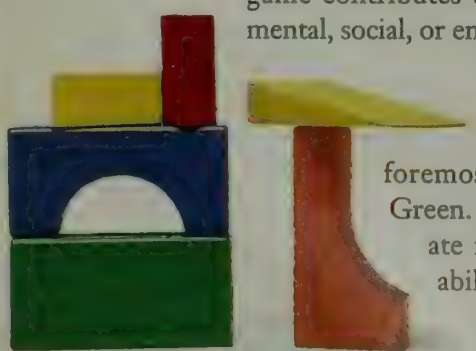


Snail's Pace Race from Ravensburger ($18.95) teaches counting and colors.

Educational toys and games are hot, as any merchant this season will tell you. But are kids clamoring for these toys that teach, or are well-intentioned parents buying them only to have them sit in the back of the closet until the next garage sale? If you shop wisely, you can buy a toy that is fun while it helps the child learn something or develop a skill.

Toys and games have to be fun, says Joanne Oppenheim, child development specialist and coauthor of *The Best Toys, Books and Videos for Kids* (HarperCollins). "If you take the fun out if it, you've lost the play." And play, a child's work, is really why we're buying toys in the first place.

A good toy challenges a child to do, think, or feel, says Diana Huss Green, editor in chief of Parents' Choice, a nonprofit consumer organization that evaluates products for children, and author of a recently published Parents' Choice book (Andrews/McMeel). She says a successful game contributes to the child's physical, mental, social, or emotional growth.

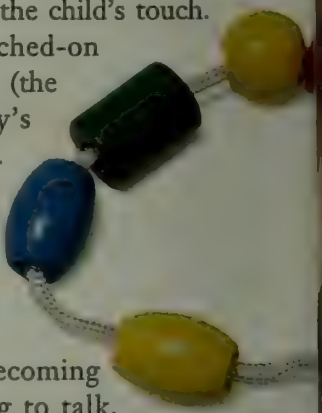


When buying a toy or a game, be sure that it's safe, first and foremost, and fun, says Huss Green. It should be appropriate for the child's talents, abilities, and size. But the toy also must please the parents. "It has to fit in well with your own tastes, knowledge, and pocketbook," she says. "Do not buy what you can't comfortably buy, or nobody's going to enjoy it." Well-meaning friends and relatives also should consider the parents when selecting a gift for a child. If a child's mother or father says "no" to a gift, it is important to respect their wishes.

For puzzled shoppers who want to do right by the kids on their lists, here are some gift-giving suggestions from the experts.

INFANTS *(BIRTH-12 MOS.)*

The best toys for babies stimulate the senses and respond easily and quickly to the child's touch. Look for soft toys with stitched-on features and non-fuzzy fabrics (the fuzz can collect in the baby's mouth and cause choking). Cardboard and cloth books with bright pictures also make excellent gifts for infants.



TODDLERS *(1-2 YEARS)*

At this stage, children are becoming mobile, and they're learning to talk. Good toys will stimulate their newfound skills. Toys with wheels, either for riding, pushing or pulling, are lots of fun, and help develop coordination. Children this age are not ready for riding toys with pedals.

Toys that help them imitate what they observe in the adult world, such as a telephone or car, are favorites, and help support what they are learning. Dolls for toddlers should be constructed of fabric or a simple-molded plastic with no hair. A ball also is an excellent choice.

continued on page 38

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BREAD du JOUR
BREAD AND ROLLS

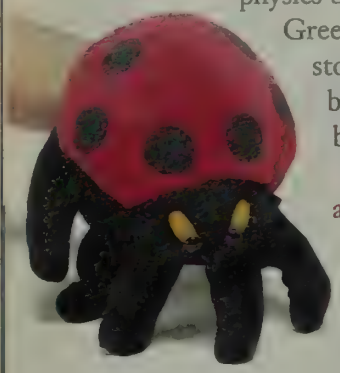
The Bread That Makes The Meal.

Toys That Teach

continued from page 36

PRESCHOOL *(2½-4 YEARS)*

The best investment for this age is a sturdy set of building blocks. "They do everything from stirring imagination and provoking curiosity to introducing math and physics through spatial relationships," says Huss Green. School supply catalogs and teacher stores are good sources of high-quality blocks. She also recommends plastic building sets such as Duplos.



This ladybug puppet (Folkmanis $13.00) can help kids learn to read.

Preschoolers are ready for a wagon and for riding toys with pedals. Make sure the riding toys are low and well balanced. Dolls can become more complicated, with hair to comb and simple clothes to change.

Puppets and other imagination builders such as dress-up clothes are another good choice for preschoolers. "Pretending helps develop language. Making up stories really is a pre-reading skill," says Oppenheim.

EARLY SCHOOL YEARS *(7-10)*

Children this age want to use their school skills in their play. There are many elaborate pretend toys on the market that can foster their adventures.

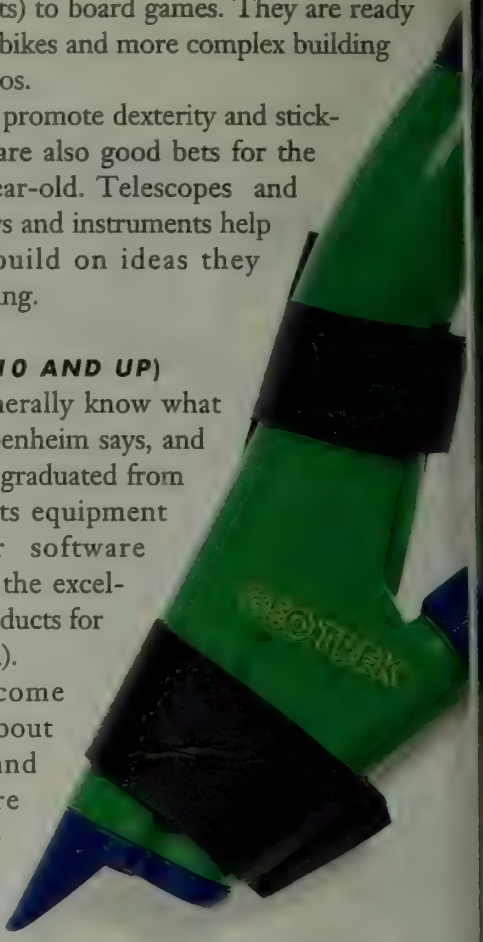
Friends and social interaction are becoming increasingly important, so these kids enjoy challenging their peers (and parents) to board games. They are ready for two-wheeler bikes and more complex building toys such as Legos.

Craft kits that promote dexterity and sticking with a task are also good bets for the seven- to ten-year-old. Telescopes and other science toys and instruments help young minds build on ideas they already are learning.

OLDER KIDS *(10 AND UP)*

"These kids generally know what they want," Oppenheim says, and their tastes have graduated from toyland to sports equipment and computer software (don't overlook the excellent software products for younger children).

As kids become more serious about their hobbies and sports, they are able to appreciate higher quality items that fit their interests.



Geo Trek portable microscope from Uncle Milton ($10.00) helps kids explore the world.

Preteens also enjoy games that encourage strategy and logical thinking skills, and trivia games that let them show their smarts.

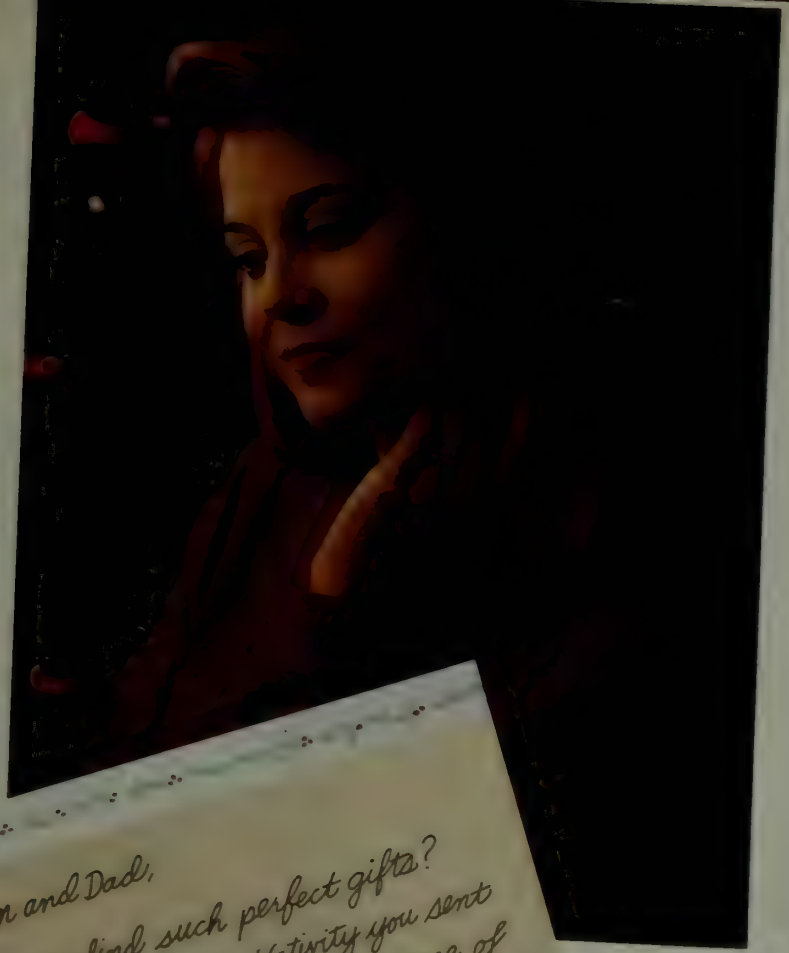


WHAT MAKES A GOOD GAME?

Parents are often befuddled when it comes to choosing board games for their children. There's much more on the market these days than the Monopoly, Clue, and Scrabble of our childhoods. Bob Moog, cofounder of University Games, says most parents realize that games are a good way to reinforce education and spend time with their kids. A good game, he says, should possess the following attributes:

- No special knowledge needed
- Flexible number of players
- Flexible amount of time to play the game
- Interaction between players
- Tasks geared to a specific age group
- A "luck" or catch-up feature so everybody has a chance to win

University Games has developed a number of games. Two of their most popular products, *Where in the World is Carmen Sandiego* and *Brain Quest, (left, $19.95)* are quickly becoming popular because, Moog says, they include all these features—and they're fun.



Dear Mom and Dad,
How do you find such perfect gifts?
The Precious Moments Nativity you sent
is just beautiful. It reminds me of
home, and how we used to add the baby
to your Nativity on Christmas Eve.

With each new piece, our Nativity will
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special place, beneath our tree, and
in our hearts.

Love always,
Laura

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Shown: three of a nine piece set.

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Enesco is proud to be a National Corporate Sponsor of Easter Seals.

Bed-Wetting Blues



THE SOLUTION MAY BE SURPRISING

Charlie's mother was frustrated. She'd tried everything, she said, yet five-year-old Charlie continued to wet the bed every night. "We disallow liquids after six o'clock, wake him up at midnight to use the toilet, and make him change his own bed linens. We've even tried offering special treats and privileges for not wetting the bed. Nothing works!" Was Charlie troubled by something, she asked, or was he just lazy?

Actually, Charlie was neither. Many children—especially older ones who wet the bed—are embarrassed and under stress because of it. But there's no reason to believe bed-wetting is an expression of emotional problems. In most cases, bed-wetting happens because the child is an unusually deep sleeper. Deep sleep prevents the child from "hearing" the bladder when it sends an "I'm full" signal to the brain.

Bed-wetting is not going to be stopped by withholding liquids, getting the child up throughout the night, making the child responsible for changing the bedding, or offering incentives. These standard home remedies do nothing but further frustrate both child and parents.

Back off. The first step is to defuse the issue by no longer making the child's bed-wetting a topic of daily discussion. Stop asking, "Did you wet the bed last night?" Likewise, there should be no discussion of the problem before bedtime.

Step two is no more home remedies. Allow unlimited access to liquids and stop waking the child through the night. In the long run, these compensatory measures only make the problem more difficult to control.

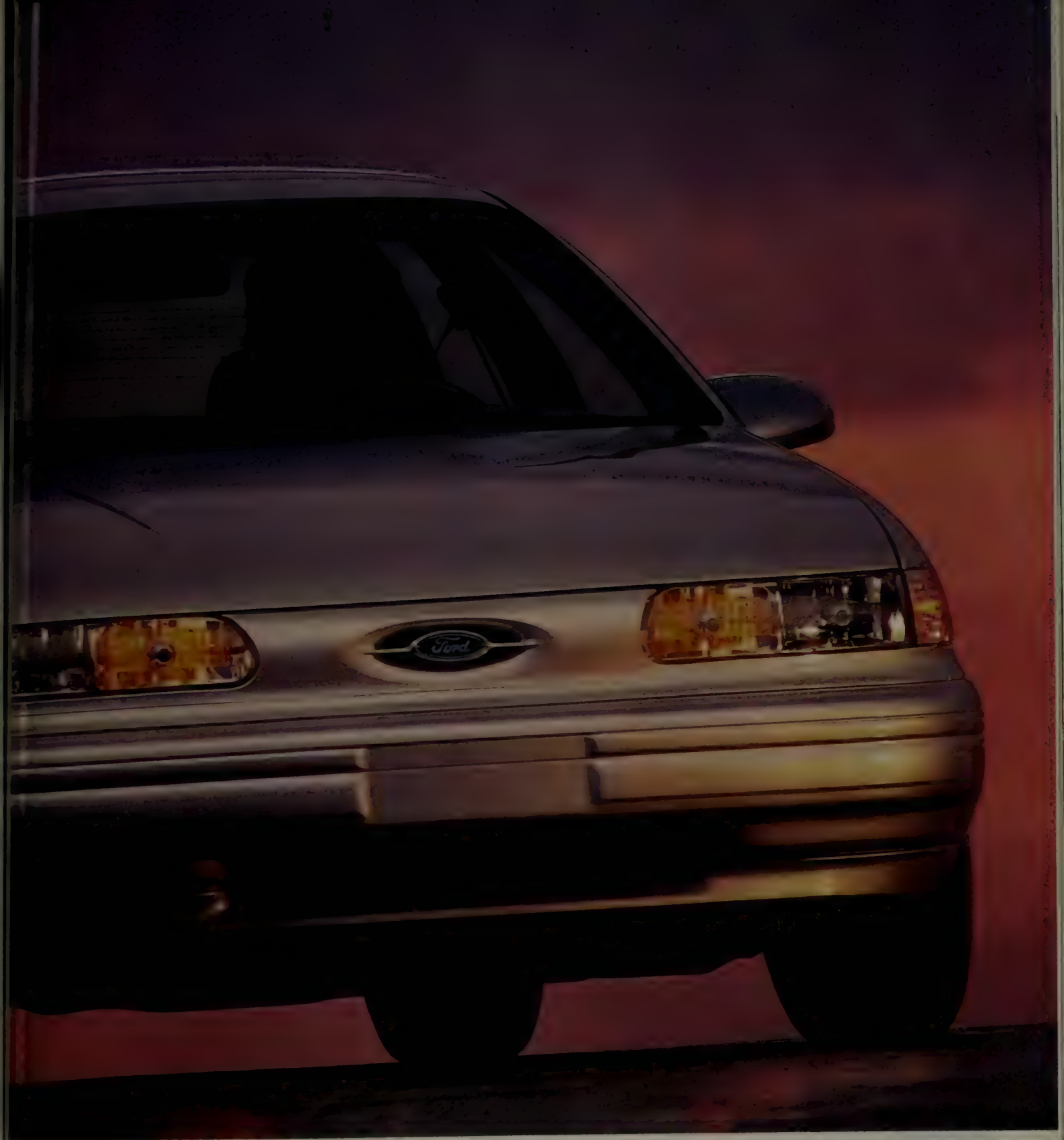
Although requiring that the youngster take appropriate responsibility for helping launder wet bedding isn't a solution, it helps define the problem as the *child's*, rather than the parents'. Whatever the child is capable of doing, the child should be required to do. In any case, these assignments should not, under any circumstances, be presented as punishments.

Body language. Next, give the child some "physical education." Using a drawing or picture as a visual aid, explain the workings of the kidneys and bladder. Suggest to the child that the muscle that empties the bladder can be strengthened by tightening and holding it, then releasing it, several times a day. When using the bathroom, it can be further strengthened by turning off and on the flow of urine. Most children will cooperate willingly in these exercises.

Alarming solutions. When my son, Eric, was five years old, he began wetting the bed shortly after we moved from one area of the country to another (a typical "trigger," by the way). After going round and round, we finally purchased a bed-wetting alarm. A moisture-sensitive pad was arranged under Eric's bottom sheet and connected to a battery-operated alarm placed on his bedside table. When Eric began wetting the bed, the alarm went off, waking him up. Over the course of several weeks, he became increasingly capable of maintaining bladder control through the night.

Bed-wetting children are not "bad" kids. They're not lazy, irresponsible, manipulative, or acting out emotional difficulties. The more they are made to feel "bad" about their problem, however, the more difficult it's going to be for them to solve. If your child is a bed-wetter, your job is to understand, support, and encourage. Everything else is up to the child...and time.

–John Rosemond's latest book is *Making the "Terrible" Twos Terrific!*



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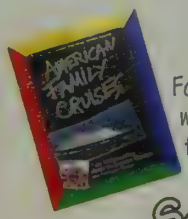
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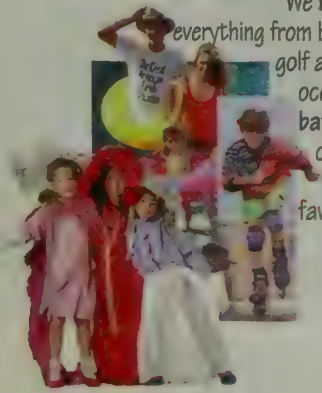
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by Tom Jackson

Shopping Green



LABELS DON'T ALWAYS TELL THE STORY. BE A SMART CONSUMER

Although government regulators and the courts are beginning to examine environmental claims seen on product packaging, some manufacturers still word their labels so your purchase will seem more earth-friendly than it really is. But common-sense sleuthing exposes most pretenders.

Keep a sharp eye out for these key claims and sometimes-abused words:

Recycled. Buying a product labeled *recycled* is good. But it is even better if the label says how much of the material is recycled. For instance, a carton could contain only one percent recycled cardboard and still make a pro-environment claim. But its impact would be worthless. Also, as you shop, favor products noting *post-consumer* recycled contents. This means material came from a used product, which avoided disposal in a landfill.

Recyclable. It's good to know that a product or package can be reused in some form. But it's a meaningless claim unless you can, and do, recycle it. The fact that a styrofoam cup can be recycled will do no good unless there is a nearby drop-off point for the material.

Uses less material. These words may appear in bold letters on the package, but what do they mean? Look for a point of comparison, such as, "Uses 20 percent less material than our previous package." Other vague and meaningless phrases to watch out for include *eco-friendly*, *environmentally safe*, or *safe in a landfill.*

Biodegradable. You may think you are helping the earth by putting products labeled *biodegradable* in your trash. But not if the waste is headed for a landfill. Modern refuse sites entomb trash, rather than allowing it to degrade. Biodegradable is also often touted as a desirable quality for soaps and detergents. Yet almost all of these products break down on their own within 30 days.

Ozone-friendly. Because ozone-damaging chlorofluorocarbons (CFCs) were removed from most products in 1978 and such destructive compounds must now be noted on package labels, there is usually no special virtue in the ozone-friendly claim.

VOC-free. Here's a label you could quickly learn to love. Volatile organic compounds (VOCs) include the smelly, noxious solvents found in many paints and finishes. Using VOC-free or reduced VOC paints and coatings is good for the environment and good for your health. However, other VOC sources abound, such as household cleaning products, floor polishes, lighter fluid, and hair-styling products. Though not the primary source, these contribute to the development of ground-level ozone, better known as smog. Watch for labels indicating reduced VOCs in such products.

Phosphate-free. Though phosphates have been banned from detergents in many states, make certain laundry products sold in your area don't contain these substances. Most major detergent brands have effectively eliminated phosphates from their formulas, but check labels to be sure. Phosphates dumped into waterways endanger fish by spurring the growth of oxygen-consuming, light-blocking algae.

Look for labels with details—the more the better. Unsubstantiated claims have often been purposely designed to be misleading. Avoid these products.

Remember: Reading labels doesn't require a scientific degree, but a dose of skepticism comes in handy. ♦

After a hard day in a cold world. Fire Works.

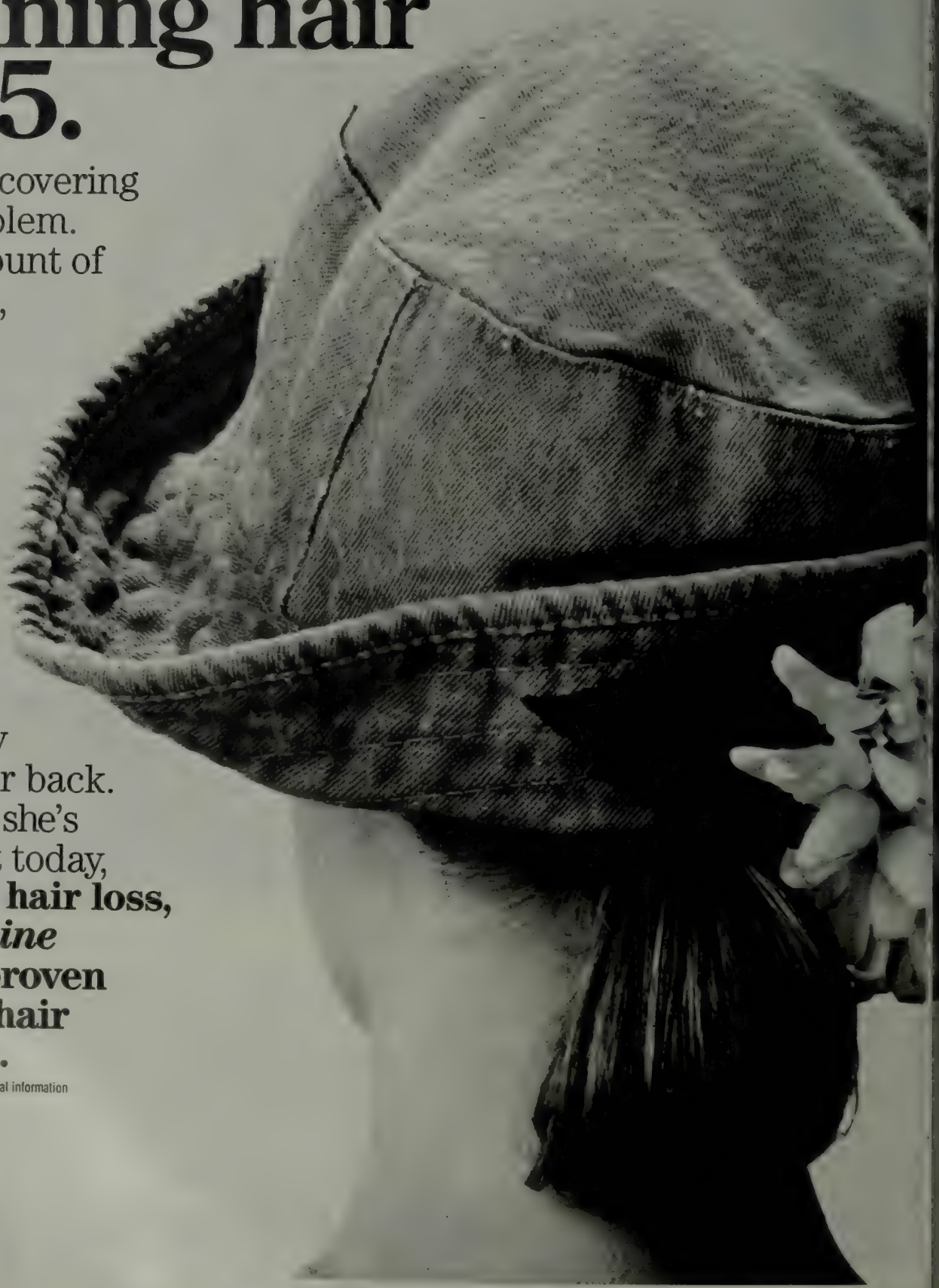


ire. Still the most civilized source of comfort
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warm our homes in ways you never before could
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best ways to add lasting value to your home. So
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HEARTH PRODUCTS ASSOCIATION

CALL 1-800-WARM ONE (1-800-927-6663).

Lois never thought she'd have thinning hair at 25.



She's been covering up the problem. But no amount of blowdrying, gelling, moussing, twisting, no ribbon, no scarf, no bow, no clip can do the one thing she truly wants: grow her own hair back. Fortunately, she's learned that today, **for diffuse hair loss, Only *Rogaine* has been proven to regrow hair for women.**

See adjacent page for important additional information

Hair loss is hard for a woman to cope with at any age. At least you're not alone. Over 20 million women share your problem. Fortunately, there's hope. Because it is possible to regrow your hair, with *Rogaine*® Topical Solution (minoxidil 2%).

Hair grows in cycles. *Rogaine* works in part by prolonging the growth cycle. With more hairs growing longer and thicker at the same time, you may see improved scalp coverage.

Dermatologists conducted 8-month clinical tests. Nineteen percent of women using *Rogaine* reported at least moderate hair regrowth, compared with 7% of those using a placebo (a similar solution without minoxidil, the active ingredient in *Rogaine*).

By physician evaluation, almost two of every three women using *Rogaine* had some hair regrowth: 13% had moderate regrowth and 50% had minimal regrowth. The rest (37%) had no regrowth. Thirty-nine percent of the women in the placebo group were also evaluated to have regrown hair.

However, when actual numbers of newly regrown hairs in the 1-cm² area of the test were counted after 8 months of treatment, the group on Rogaine *averaged more than twice as much regrowth (23 more hairs) as the placebo group (11 more hairs).* Individual results may vary.

As with other prescription drugs, studies have not been conducted in pregnant women treated with *Rogaine*; therefore, *Rogaine* should not be administered to pregnant or nursing women. Effectiveness in post-menopausal women has not been studied.

Side effects were minimal: 7% of those who used *Rogaine* had itching of the scalp. *Rogaine* should only be applied to a normal, healthy scalp (not sunburned or irritated).

Studies indicate that *at least 4 months of twice-daily treatment* with *Rogaine* are usually necessary before there is evidence of regrowth.

Rogaine is a treatment, not a cure. So further progress is only possible by using it continuously. Some anecdotal reports indicate that if you stop using it, you will probably shed the newly regrown hair within a few months. Try making *Rogaine* part of your daily regimen, just like brushing your teeth.

Why wait? Find out whether *Rogaine* is for you. Call **1-800-944-1116**. Today. We'll send you an informational brochure explaining all about the product and how to use it. And because *Rogaine* requires a prescription, we'll include a list of nearby *dermatologists or other doctors experienced in treating hair loss* and a $10 incentive to visit a doctor soon.

What is ROGAINE?
ROGAINE Topical Solution is a prescription medicine for use on the scalp that is used to treat a type of hair loss in men and women known as androgenetic alopecia. Hair loss of the scalp vertex (top or crown of the head) in men and diffuse hair loss or thinning of the front and top of the scalp in women. ROGAINE is a topical form of minoxidil, for use on the scalp.

How effective is ROGAINE?
In men: Clinical studies with ROGAINE of over 2,300 men with male pattern baldness involving the top (vertex) of the head were conducted by physicians in 27 US medical centers. Based on patient evaluations of regrowth at the end of 4 months, 26% of the patients using ROGAINE had moderate to dense hair regrowth compared with 11% who used a placebo treatment (no active ingredient). No regrowth was reported by 41% of those using ROGAINE and 60% of those using a placebo. By the end of 1 year, 48% of those who continued to use ROGAINE rated their hair growth as moderate or better.

In women: Clinical studies with ROGAINE were conducted by physicians in 17 US medical centers involving 256 women with hair loss. Based on patient evaluations of regrowth after 32 weeks (8 months), 19% of the women using ROGAINE had at least moderate regrowth compared with 7% of those using a placebo. No regrowth was reported by 41% of the group using ROGAINE and 60% of the group using placebo.

How soon can I expect results from using ROGAINE?
Studies show that the response time to ROGAINE may differ greatly from one person to another. Some people using ROGAINE may see results faster than others; others may respond with a slower rate of hair regrowth. You should not expect visible regrowth in less than 4 months.

How long do I need to use ROGAINE?
ROGAINE is a hair-loss treatment, not a cure. If you have new hair growth, you will need to continue using ROGAINE to keep or increase hair regrowth. If you do not begin to show new hair growth with ROGAINE after a reasonable period of time (at least 4 months), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
Probably not. People have reported that new hair growth was shed after they stopped using ROGAINE.

How much ROGAINE should I use?
You should apply a 1-mL dose of ROGAINE twice a day to your clean dry scalp, once in the morning and once at night before bedtime. Wash your hands after use if your fingers are used to apply ROGAINE. ROGAINE must remain on the scalp for at least 4 hours to ensure penetration into the scalp. Do not wash your hair for at least 4 hours after applying it. If you wash your hair before applying ROGAINE, be sure your scalp and hair are dry when you apply it. *Please refer to the instructions for use in the package.*

What if I miss a dose or forget to use ROGAINE?
Do not try to make up for missed applications of ROGAINE. You should restart your twice-daily doses and return to your usual schedule.

What are the most common side effects reported in clinical studies with ROGAINE?
Itching and other skin irritations of the treated scalp area were the most common side effects directly linked to ROGAINE in clinical studies. About 7 of every 100 people who used ROGAINE (7%) had these complaints.

Other side effects, including light-headedness, dizziness, and headaches, were reported both by people using ROGAINE and by those using the placebo solution with no minoxidil. You should ask your doctor to discuss side effects of ROGAINE with you.

People who are extra sensitive or allergic to minoxidil, propylene glycol, or ethanol should not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes or sensitive skin areas. If ROGAINE accidentally gets into these areas, rinse the area with large amounts of cool tap water. Contact your doctor if the irritation does not go away. If the spray applicator is used, avoid inhaling the spray.

What are some of the side effects people have reported?
ROGAINE was used by 3,357 patients (347 females) in placebo-controlled clinical trials. Except for dermatologic events (involving the skin), no individual reaction or reactions grouped by body systems appeared to be more common in the minoxidil-treated patients than in placebo-treated patients.

Dermatologic: irritant or allergic contact dermatitis—7.36%. **Respiratory:** bronchitis, upper respiratory infection, sinusitis—7.16%. **Gastrointestinal:** diarrhea, nausea, vomiting—4.33%. **Neurologic:** headache, dizziness, faintness, light-headedness—3.42%. **Musculoskeletal:** fractures, back pain, tendonitis—2.59%. **Cardiovascular:** edema, chest pain, blood pressure increases/decreases, palpitations, pulse rate increases/decreases—1.53%. **Allergic:** nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, and sensitivity—1.27%. **Metabolic-Nutritional:** edema, weight gain—1.24%. **Special Senses:** conjunctivitis, ear infections, vertigo—1.16%. **Genital Tract:** prostatitis, epididymitis, vaginitis, vulvitis, vaginal discharge/itching—0.97%. **Urinary Tract:** urinary tract infections, renal calculi, urethritis—0.93%. **Endocrine:** 0.47%. **Psychiatric:** anxiety, depression, fatigue—0.36%. **Hematologic:** lymphadenopathy, thrombocytopenia—0.31%.

ROGAINE use has been monitored for up to 5 years, and there has been no change in incidence or severity of reported adverse reactions. Additional adverse events have been reported since marketing ROGAINE and include eczema, hypertrichosis (excessive hair growth), local erythema (redness), pruritus (itching), dry skin/scalp flaking, sexual dysfunction, visual disturbances, including decreased visual acuity (clarity), increase in hair loss, and alopecia (hair loss).

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Serious side effects have not been linked to ROGAINE in clinical studies. However, it is possible that they could occur if more than the recommended dose of ROGAINE was applied, because the active ingredient in ROGAINE is the same as that in minoxidil tablets. These effects appear to be dose related; that is, more effects are seen with higher doses.

Because very small amounts of minoxidil reach the blood when the recommended dose of ROGAINE is applied to the scalp, you should know about certain effects that may occur when the tablet form of minoxidil is used to treat high blood pressure. Minoxidil tablets lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to fluid retention and faster heart rate. The following effects have occurred in some patients taking minoxidil tablets for high blood pressure:

Increased heart rate: some patients have reported that their resting heart rate increased by more than 20 beats per minute.

Salt and water retention: weight gain of more than 5 pounds in a short period of time or swelling of the face, hands, ankles, or stomach area.

Problems breathing: especially when lying down; a result of a buildup of body fluids or fluid around the heart.

Worsening or new attack of angina pectoris: brief, sudden chest pain.

When you apply ROGAINE to normal skin, very little minoxidil is absorbed. You probably will not have the possible effects caused by minoxidil tablets when you use ROGAINE. If, however, you experience any of the possible side effects listed above, stop using ROGAINE and consult your doctor. Any such effects would be most likely if ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in much larger amounts than would be absorbed from topical use on skin in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given minoxidil tablets for high blood pressure at effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
People with a known or suspected heart condition or a tendency for heart failure would be at particular risk if increased heart rate or fluid retention were to occur. People with these kinds of heart problems should discuss the possible risks of treatment with their doctor if they choose to use ROGAINE.

ROGAINE should be used only on the balding scalp. Using ROGAINE on other parts of the body may increase minoxidil absorption, which may increase the chances of having side effects. You should not use ROGAINE if your scalp is irritated or sunburned, and you should not use it if you are using other skin treatments on your scalp.

Can people with high blood pressure use ROGAINE?
Most people with high blood pressure, including those taking high blood pressure medicine, can use ROGAINE but should be monitored closely by their doctor. Patients taking a blood pressure medicine called guanethidine should not use ROGAINE.

Should any precautions be followed?
People who use ROGAINE should see their doctor 1 month after starting ROGAINE and at least every 6 months thereafter. Stop using ROGAINE if any of the following occur: salt and water retention, problems breathing, faster heart rate, or chest pains.

Do not use ROGAINE if you are using other drugs applied to the scalp such as corticosteroids, retinoids, petrolatum, or agents that might increase absorption through the skin. ROGAINE is for use on the scalp only. Each 1 mL of solution contains 20 mg minoxidil, and accidental ingestion could cause unwanted effects.

Are there special precautions for women?
Pregnant women and nursing mothers should not use ROGAINE. Also, its effects on women during labor and delivery are not known. Efficacy in postmenopausal women has not been studied. Studies show the use of ROGAINE will not affect menstrual cycle length, amount of flow, or duration of the menstrual period. Discontinue using ROGAINE and consult your doctor as soon as possible if your menstrual period does not occur at the expected time.

Can ROGAINE be used by children?
No, the safety and effectiveness of ROGAINE has not been tested in people under age 18.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

Upjohn | DERMATOLOGY DIVISION

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Rogaine®
TOPICAL SOLUTION minoxidil 2%

The only product proven to regrow hair for women with diffuse hair loss.

fitness matters

GOOD NEWS ABOUT SHAPING UP



Yoga for You

A blend of fitness and philosophy

Yoga once was considered a mystical pastime for tranced-out hippies. Not anymore. It thrives today because it is a fascinating form of fitness, and because it offers a balance to traditional exercise.

A 6,000-year-old Eastern discipline, yoga rests on the premise that body, mind, and spirit are inseparable.

Yoga exercises, *asanas,* include hundreds of poses that increase flexibility, strength, and relaxation—important factors in preventing injury.

Just as important, these poses increase an inner sense of your strengths and weaknesses, says Jean Couch, author of *The Runner's Yoga Book: A Balanced Approach to Fitness* ($18.95; 1990, Rodmell Press, 2550 Shattuck Ave., Berkeley, CA 94704; or, to order, call: 510/841-3123).

Couch says most exercise dwells on contractions to build hard, tense muscles. That approach lacks balance, she says. After contraction, muscles need to lengthen and expand. She says a yoga pose is "a great dance of contraction and relaxation," producing resilient and responsive muscles.

Plus, yoga feels good. "I don't want it to sound too spiritual; I want yoga to be practical too," says Couch.

It is best to learn yoga in classes, which you can find in health clubs or by using the Yellow Pages. Each year in its July/August issue, the Yoga Journal (2054 University Ave., Suite 600, Berkeley, CA 94704) publishes a directory of instructors across the country. The publication is available for $5.00.

Exercise Across America

Motivational workout program

School's in. Work's busy. Winter and the holidays are fast approaching. It's that hectic season when you hope to get around to exercising but seldom do.

Here's a simple motivational exercise program

continued on page 54



"This insert is what some women use for

yeast infections. It's dry, hard.

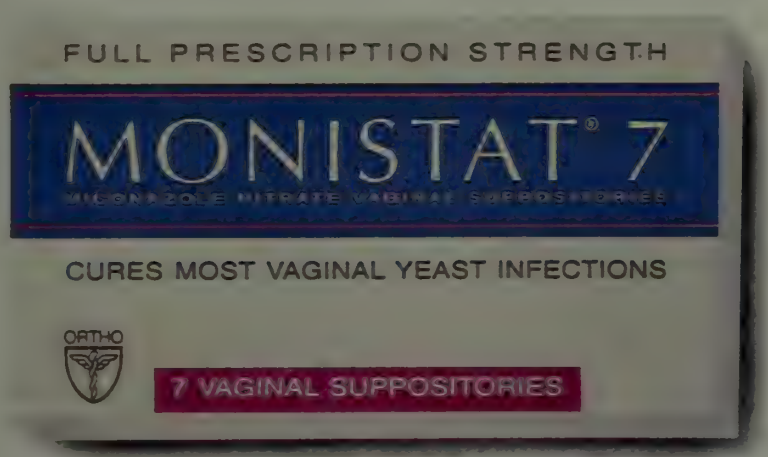




This is my choice. Monistat®7.

It's soft and soothing. And most important,

Monistat is the one my doctor urged me to use."



The number one choice of women.
The number one recommendation of doctors.

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First time sufferers, consult your doctor.

Use only as directed.

Fitness Matters

continued from page 52

designed to give you goals and a good dose of can-do attitude. "Exercise Across America" challenges you to pick a state, any state, and run across it. Or ski, bike, swim, walk—whatever—all without leaving your neighborhood.

Each day you work out, record your mileage in an "Exercise Across America" log. As your workouts add up, so will your mileage.

When you reach your goal, you get a certificate from the American Running and Fitness Association, which developed the program.

For example, if you're new to exercise, you may be able to walk across Rhode Island (65 miles) in a month or so simply by logging the mileage from your daily walks. If you're an experienced triathlete, run, bike, and swim across Texas (838) or go coast to coast (2,810).

For a registration form, send a business-size SASE (52 cents postage) to: ARFA Challenge, Dept. BHG, 4405 East-West Highway, Suite 405, Bethesda, MD 20814, or call 800/776-ARFA.

Hip Fracture

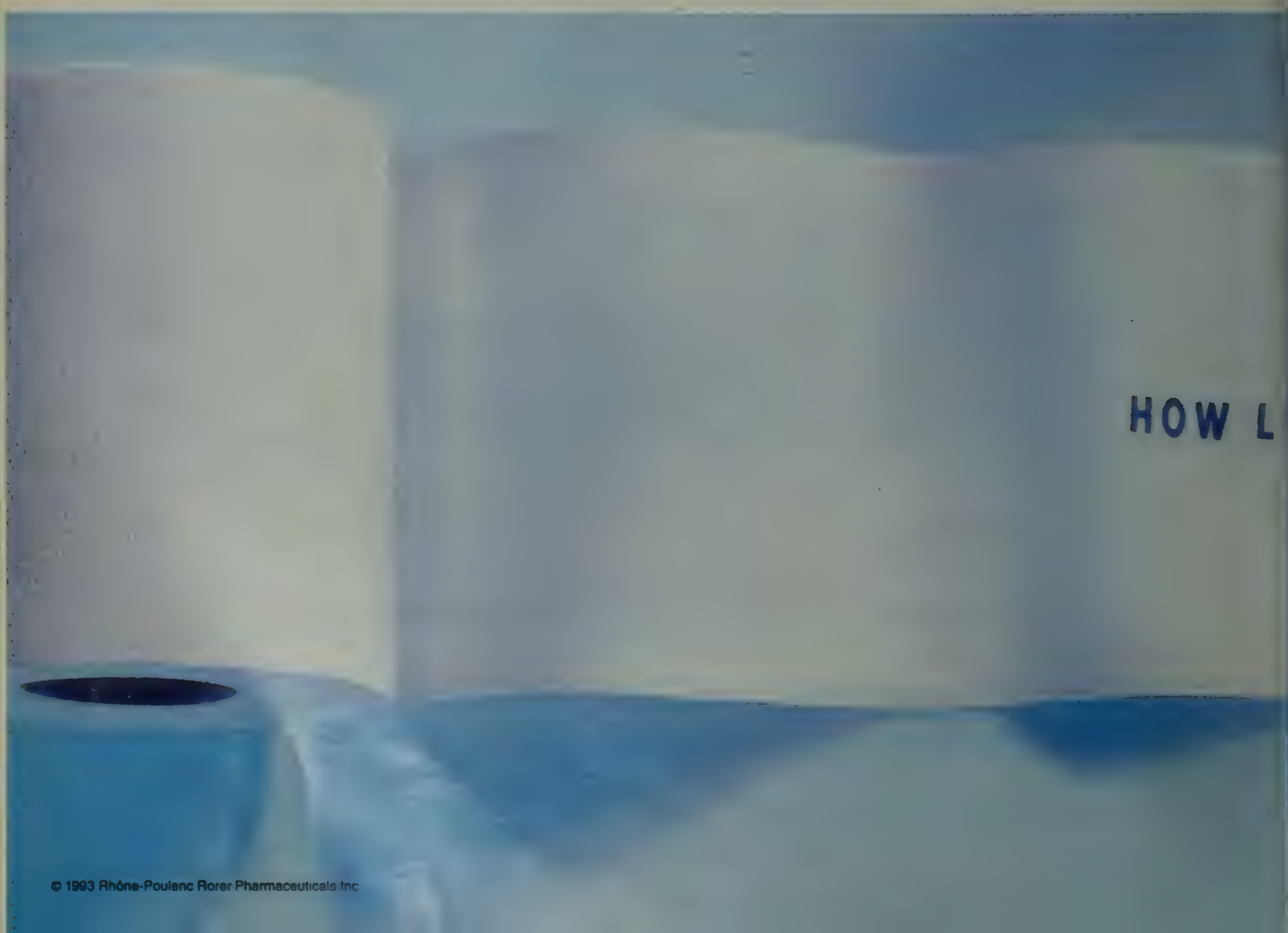
Exercise helps reduce the risk

"If people don't exercise to help prevent hip fractures, most of the benefits of calcium supplements, estrogen therapy, and all the res will be lost," says William Robb III M.D., at Northwestern University.

Some 280,000 hip fractures occu each year; with our aging popula tion, this number could reacl 350,000 by the year 2000 an 650,000 by 2050.

Most hip fractures require exten sive rehabilitation. Forty percent o patients 65 and older end up i long-term care facilities; 10 to 2 percent die within three month after injury. The annual cost fo care of patients with hip fractures i about $9.8 billion—or abou $35,000 per patient.

The value of exercise in prevent ing hip fractures is stressed in "Liv



It Safe, Prevent Broken Hips," a detailed brochure Robb helped write for the American Academy of Orthopaedic Surgeons. For a free copy of "Live It Safe," and for fact sheets about exercises to build strong bones, call 800/ 824-BONES.

Soothe the Savage Workout Beast

How music affects exercisers

If you like working out to loud, fast tunes, this research won't be music to your ears.

A university study measured heart rates in college students exercising under three conditions. In one situation students walked and ran on a treadmill until exhaustion. They wore headphones while they exercised and listened to loud, fast (140 beats per minute) music.

In the second situation they exercised to exhaustion while listening to soft, slow (100 beats per minute) music. In the third situation they exercised to no music.

The results showed no differences in the loud-fast music and no music groups. However, the soft-slow music group showed a slightly lower heart rate and a longer time to exhaustion.

"Plus, in this group, the same exercise seemed less intense," says B. Don Franks, Ph.D., at Louisiana State University.

Franks explains that the soft, slow music had a "relaxing effect" on the exercisers that helped improve performance and lower the heart rate by an average five beats per minute.

Past studies have demonstrated how music becomes a beneficial distraction for many exercisers. If you are one of them, keep in mind what this study is saying: Soft and slow can make you go.

Your Blood Pressure Medication and Exercise

How one affects the other

Perhaps you are one of the nearly 50 million Americans who have high blood pressure. Exercise can help lower blood pressure, but the hyper-

continued on page 56

FORE YOUR DIARRHEA MEDICINE STARTS WORKING?



INTRODUCING NEW MAALOX™ ANTI-DIARRHEAL. IT STARTS WORKING RIGHT AWAY. AND OFTEN STOPS DIARRHEA AFTER JUST ONE DOSE. LEAVE IT TO THE MAKERS OF MAALOX TO INTRODUCE SOMETHING THAT WORKS THAT FAST.

ONE DOSE STOPS IT.

Fitness Matters

continued from page 55

tensive medication you may take can affect your workouts.

Harvard University cardiologist Charles Schulman, M.D., explains how diuretics, beta-blockers, and ACE inhibitors and calcium blockers—common blood pressure medications—influence exercise:

Diuretics lower blood pressure by causing your body to excrete salt and water. If taken shortly before a race, they can impair all-out efforts.

However, diuretics are fine for general training if you are careful to drink plenty of fluids, especially in the heat.

Diuretics also cause potassium loss. If your potassium level is too low you could experience cramps and possibly heart irregularities. Drink citrus fruit juices and eat potassium-rich foods such as bananas, potatoes, tomatoes, and dried fruit to keep your supply at maximum levels.

Beta-blockers inhibit adrenaline, thus throttling your heart rate and blood pressure. That's fine at rest and in moderate workouts, but beta-blockers cause early fatigue during intense efforts.

The good news about beta-blockers is they can be a boon to people recovering from heart attacks. The drugs allow moderate exercise without excessively raising heart rates and blood pressures to dangerously high levels.

ACE inhibitors and calcium blockers are newer medications that lower blood pressure by causing blood vessels to dilate. ACE inhibitors don't limit strenuous exercise, although they may cause light-headedness and coughing. Calcium blockers may limit heavy activity and cause light-headedness.

Of course, you must work with your doctor in choosing a medication that best fits your lifestyle. "If you want to work out, tell that up front to your doctor," says Schulman. "Drugs have different effects on exercise."

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Fat Finding

Measure your fat at home

Many of us exercise to lose weight, right? Not exactly. Weight that is muscle and bone we don't mind; it's the fat we don't want.

Typically, part of the frustration with losing weight is we don't know if the pounds dropped are fat, water, or muscle. Bathroom scales don't measure body fat, and devices that do are costly and in out-of-the-way places, like university laboratories.

Yes, many health clubs measure body fat, but many of us would rather pinch our paunches in private, thank you.

Now we can with Accu-Measure, a $19.95 fat-measuring device. To use it, grab the fold of flab just above your hipbone. Pinch the fold with this tong-like device and note the measurement. A chart that comes with the device shows whether you are lean, ideal, average, or overfat, according to sex and age. You can track your measurements over time to see if you're actually losing fat during your diet and exercise program.

Some studies show Accu-Measure to be nearly as reliable as more elaborate—and expensive—methods, including underwater weighing, although some scientists question the legitimacy of all fat measuring systems. But, they say, such an easy-to-use device that can give you a ballpark measurement may be beneficial if it helps you lose excess fat.

To order Accu-Measure, call 800/866-2727.

By the way, losing fat may be more a matter of exercise than diet. A Tufts University study found overfat people don't always eat more, but they do exercise less than thin people.

So exercise. "It needn't be intense," says Susan Roberts, Ph.D. "It can be long walks in the park or just fidgeting around the house."

By Gary Legwold, of Minneapolis, who manages to stay fit while writing articles on health.

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Nabisco 100% Bran is the only leading high fiber cereal that's low in sodium and all natural. In fact, 100% Bran has only half the sodium of *Kellogg's All Bran* Original, and has no artificial sweetener, unlike *Fiber One*. 100% Bran has a crunchy goodness all its own, plus 11 vitamins and minerals. When it comes to high fiber cereals, *Nabisco 100% Bran* is one of a kind.

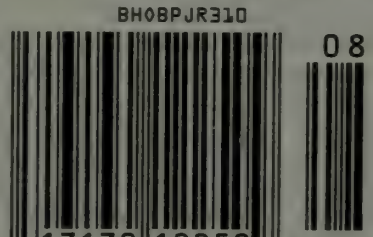
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BH0BPJR310



by Harriet Edleson

An Indoor Oasis



Moisturizing the air in your home can help you feel more comfortable and breathe easier all winter long. But, too much humidity can be harmful, especially if you have asthma or allergies. Here's how to strike a balance.

The indoor desert. Cold winter air is naturally dry, and once you turn on the furnace, the situation gets worse. In many homes, the air grows drier than the Sahara. These arid conditions irritate sensitive membranes in your nose, and leave you more susceptible to assaults from viruses and allergens. "Dry air triggers asthma and nasal congestion," says Marshall Plaut, M.D., chief of the asthma and allergy branch at the National Institute of Allergy and Infectious Diseases (NIAID), a part of the National Institutes of Health. If you suffer frequent winter colds or allergy attacks, low humidity may be the culprit.

Adding moisture to the air—experts favor 35 percent relative humidity—turns the tables on irritants. Humidification can help relieve your stuffy nose and itchy eyes, and it may ease asthma. Many people, including children, simply feel more comfortable with moisture in the air.

Measuring humidity. If you rarely suffer jolts of static electricity when you touch metal objects such as doorknobs, then the air in your home is probably humid enough.

For a more precise test, you'll need a hygrometer. You can find these humidity measuring devices at most hardware stores for about $8. Humidity between 35 and 45 percent, but not more than 50 percent, is an acceptable range.

Water, water, everywhere. There are inexpensive ways to raise your home's humidity—green plants and trays filled with pebbles and water, for example. But for most folks, the easiest and most effective route is a power humidifier.

•Freestanding humidifiers moisturize a single room or a section of your home. Small, portable humidifiers are easy to truck from room to room. The larger console models humidify larger areas, but are too heavy to move easily. Expect to pay anywhere from $100 for a portable unit to $1,000 or more for the largest consoles.

•Central humidifiers attach to your heating system and offer whole-house moisturizing. These units draw their water from your plumbing system so they don't require constant refilling. Buying and installing a central humidifier will cost anywhere from $200 to $3,000 depending on the size of the unit needed for your home and the complexity of installation.

Humidifier hazards. Ten years ago, doctors often recommended humidifiers to combat symptoms arising from dry air. Today, that advice is tempered by two areas of concern:

•Dust mites. Many people are allergic to the waste products of these tiny insectlike creatures. "You can't see them," says Michael Kaliner, head of allergic disorders at NIAID, "but they are found wherever the temperature is more than 60 degrees and the humidity is 50 percent or more."

•Bacteria and mold. Humidifiers not properly maintained can become very efficient at producing and distributing illness-inducing organisms. Dirty water reservoirs and scaly, mineral-encrusted equipment offer an ideal environment for the growth of mold, mildew, and other allergy-inducing fungi.

If you repeatedly have symptoms that mimic pneumonia or flu, your problems may be linked to the poorly maintained humidifier, says Harriet Burge, Ph.D., of the Harvard School of Public Health.

Getting it right. All of the health

continued on page 62

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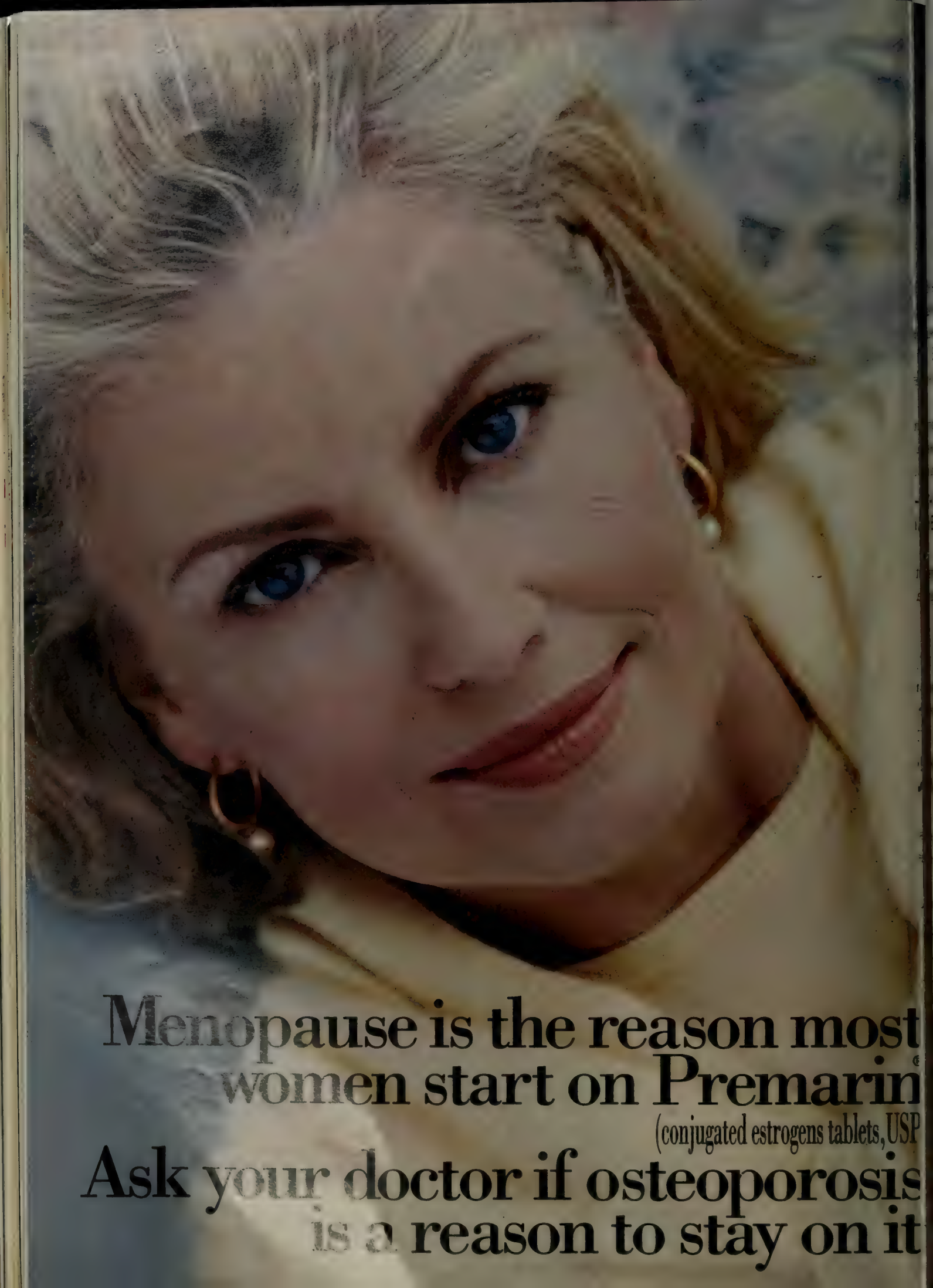
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Menopause is the reason most
women start on Premarin®
(conjugated estrogens tablets, USP)
Ask your doctor if osteoporosis
is a reason to stay on it

The symptoms of menopause are very real: hot flashes, vaginal dryness and night sweats which may cause sleep disturbances.

For millions of women, these symptoms are effectively treated with estrogen replacement therapy.

And, the same treatment that relieves the symptoms of menopause can also help prevent osteoporosis (brittle bones), a disease that develops in about one of every four women over 50.

THE CONNECTION BETWEEN MENOPAUSE AND OSTEOPOROSIS.

After menopause, your body produces very little estrogen. Without estrogen, your bones can become fragile, more likely to break.

In fact, half of the bone mass women lose is lost in the first seven years after menopause begins. What's more, bone loss is irreversible. But even if some bone loss has occurred, estrogen can help prevent further loss. So it's important to ask your doctor if you're at risk of developing brittle bones.

HOW WOULD YOU ANSWER THESE IMPORTANT QUESTIONS?

Of course, some women are at greater risk for osteoporosis than others. This brief test will help determine your personal risk factor.

The more times you answer "yes," the greater your risk of developing osteoporosis.

RISK FACTOR TEST

QUESTION	YES	NO
1. Do you have a small, thin frame or are you Caucasian or Asian?	☐	☐
2. Do you have a family history of osteoporosis?	☐	☐
3. Are you a postmenopausal woman?	☐	☐
4. Have you had a hysterectomy?	☐	☐
5. Have you been taking thyroid medication or cortisone-like drugs for asthma, arthritis, or cancer?	☐	☐
6. Is your diet low in dairy products and other sources of calcium?	☐	☐
7. Are you physically inactive?	☐	☐
8. Do you now or have you ever smoked?	☐	☐

Clip out and take to your doctor.

ASK YOUR DOCTOR IF ESTROGEN THERAPY IS RIGHT FOR YOU.

Regular weight bearing exercise and calcium are important for everyone. However, for women at risk of osteoporosis, they may not be enough. Estrogen, as part of a total treatment program including diet and exercise, can be an effective way to help prevent osteoporosis. The estrogen doctors prescribe most is Premarin®. Premarin has been shown to reduce hip and forearm fractures by approximately 60%...so ask your doctor if it's right for you.

THE SIDE EFFECTS OF ESTROGEN SHOULD BE CONSIDERED.

As with all drugs, there can be side effects with estrogen. One is the possibility of developing cancer of the uterus. Be sure to discuss this with your doctor. If you've had a hysterectomy, you don't have this risk.

When you ask your doctor whether you're at risk for osteoporosis, it's also important to inform him or her about all issues relating to your personal health and family health history. This history should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.

SYMPTOMS OF MENOPAUSE WILL PASS. THE RISK OF OSTEOPOROSIS WON'T.

If you're one of the women at risk for osteoporosis, you need to find out about it. Your doctor may recommend estrogen replacement therapy. Premarin® is the most widely studied estrogen and the one doctors prescribe most. In fact, more than 7 million women in the U.S. alone rely on Premarin for the treatment of symptoms of menopause or as part of a program to help prevent osteoporosis.



PREMARIN®

(conjugated estrogens tablets, USP)

The appearance of this 0.625 mg tablet is a trademark of Wyeth-Ayerst Laboratories.

Please be sure to read the important information on the following page.

An Indoor Oasis

continued from page 58

problems associated with humidifiers can be prevented. Most important is to avoid over-humidifying your home. Room-size units rarely lead to excess humidity. Central units usually have controls to limit the amount of moisture they release. An occasional check with a hygrometer will ensure that your systems are adjusted properly.

Bacteria and mold growth is more likely in room units. To minimize such growth, use distilled or demineralized water, which contain fewer minerals and are less likely to create buildup than tap water.

Follow the manufacturer's care and maintenance guidelines. For maximum benefit, also keep these recommendations in mind:

- Change the water in your room humidifier daily.
- Use a solution of 1 teaspoon chlorine bleach to a gallon of water to clean the humidifier weekly; rinse out the bleach solution before using the humidifier.
- Throw any used filters away at the end of the season.
- Dry the machine before storing.
- Wash it and put new filters in before using it next winter. ⌂

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets, USP

This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED

Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS

Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled **"OTHER INFORMATION."**

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS

In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting, pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE

If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION

Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the current Premarin Tablets insert, PI 4060-1, Issued June 6, 1990 with the incorporation, in lay language, of pertinent text from the Physician insert, CI 4079-1, Issued May 23, 1991.

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World Leadership in Women's Health Care™

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Philadelphia, PA 19101

LENOX



Shown smaller than actual size of 8" in diameter

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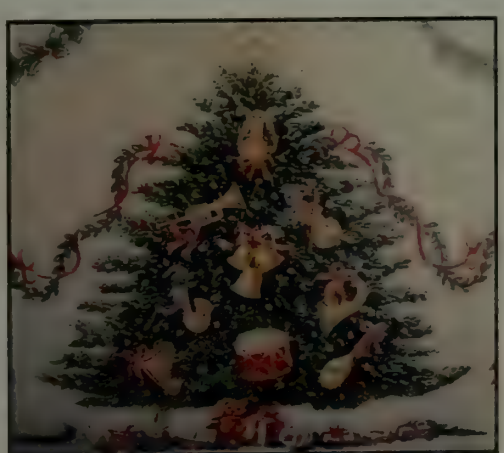
Peace. Joy. and Good Will. From Lenox to you.

To enrich every Christmas with beauty and meaning, Lenox has created a holiday heirloom, crafted of the fine ivory china that America most treasures, and rimmed in 24 karat gold.

It is *The Joys of Christmas Bowl,* and it is an impressive, handcrafted work of art. Each of the bowl's four Christmas trees symbolizes the joys of the season in a uniquely beautiful way. The Tree of Peace is adorned with heralding angels. Musical instruments grace the Tree of Joy. The Tree of Goodwill is bedecked with a bounty of gifts. And the Tree of faith radiates the golden warmth of glowing candles.

Peace. Joy. Faith. And Goodwill. Truly, these are the blessings that make the season bright. And here, they are portrayed with masterful Lenox® artistry. *The Joys of Christmas Bowl* is $136, payable in convenient installments. Order by the date indicated and bring Lenox ivory beauty into your home, to cherish for all your Christmases to come.

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Each side is richly and festively decorated.

Please mail by November 30, 1993

Please enter my reservation for *The Joys of Christmas Bowl,* depicting the blessings of the holiday season, crafted of Lenox ivory china, and rimmed in 24 karat gold.

I need send no money now. I will be billed for my bowl in eight monthly installments of $17* each.

Signature_____

Name_____
PLEASE PRINT

Address_____

City_____ State____ Zip_____
827402

Telephone (_____)_____

* Plus $5.98 per bowl for shipping, handling and insurance. Sales tax will be billed if applicable. All orders subject to acceptance.

The Joys of Christmas Bowl

Mail to: Lenox Collections
P.O. Box 3020, Langhorne, PA 19047-9120

Healthful Holiday Baking

by Julia Malloy



This season, make your holiday baking healthier without anyone being the wiser. A variety of healthful ingredients lets you bake favorites that are more nutritious, yet just as delicious as ever. Tuck away these tips until you're ready to start.

QUICK BREADS AND CAKES

Nut loaves, muffins, carrot cakes, and other moist cakes are good candidates to make over. Do not alter pound or sponge cake recipes, because they will become dry and coarse. Try these fat reducing ideas:

Grease pans with nonstick spray coating instead of shortening or butter. It's less messy, and the batter will not absorb any fat from the pan.

Stir in pureed fruit, such as applesauce, banana, or pumpkin, to replace up to three-quarters of the oil called for in a recipe.

Switch about half of the cooking oil with reconstituted butter-flavored mix (Butter Buds). To find out how to use butter-flavored mix in baking, call the Butter Buds Hotline, page 71.

Substitute two egg whites for every whole egg, or use frozen or refrigerated egg products. Using only egg whites or egg-white-based products can make food less tender and lighter in color. Simply Eggs (a low-cholesterol processed product that's based on whole eggs) produces baked goods that are most similar to the regular-egg versions.

Substitute cocoa powder for chocolate. Use 3 tablespoons each of unsweetened cocoa powder and sugar to replace every square of semisweet chocolate or ¼ cup of semisweet chocolate pieces. Cocoa powder contains very little fat, so this won't work for most frostings.

Add some oat, wheat, or rice bran in place of flour. For 12 muffins or cupcakes, substitute ¼ cup of bran for ¼ cup flour. For whole-grain breads, substitute 1 cup bran for ¼ cup whole-grain flour.

Replace up to one-third of the all-purpose flour with whole wheat flour.

CHRISTMAS COOKIES

Cookies don't take well to fat and sugar reductions. They become less tender and less crisp. Use these tips:

Stick to regular butter, margarine, or shortening. The stick form and canned solid shortening are better bets than the soft-style tub alternatives. Products labeled as spread, whipped, light, or diet all contain water or air and less fat by volume. They will make cookies less tender and cause them to spread too much during baking.

To reduce the saturated fat in cookies, you can use 100-percent corn oil margarine. For cutout cookies, the dough will be softer, so extend the chilling time to five

continued on page 68

How to be naturally smart about choosing a bran flake.

1 Choose natural whole grain.
Post Natural Bran Flakes has natural whole grain wheat and wheat bran.

2 Choose natural high fiber.
With natural high fiber, Post can help you get the fiber nutrition experts recommend.

3 Choose naturally fat-free.
Post is fat-free, cholesterol-free and preservative-free.

4 Choose Post Natural Bran Flakes.
It's naturally smart to choose Post Natural Bran Flakes with 13 vitamins and minerals. And a naturally delicious whole grain taste.



Your Natural Choice.

MANUFACTURER'S COUPON | EXPIRATION DATE 1/31/94

Save 50¢
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continued from page 66

hours before you roll it out. For slice-and-bake cookies, chill the rolls of dough in the freezer rather than in the refrigerator.

In bar cookies, use an equal amount of dried fruit in place of nuts or chocolate chips.

HOLIDAY PIES

The crust accounts for the high fat content of many pies. Since fat and shortening make crusts flaky and tender in the first place, it's difficult to decrease them without losing flakiness. But, you can make other changes.

Substitute a meringue crust for pastry, such as the one given for Pumpkin Meringue Pie (*below*). This works well for cream pies or fruit pies that need no baking.

Make pastry with vegetable oil instead of butter or shortening. It may have the same amount of fat as a regular pie crust, but the fat will be unsaturated. If the pastry seems soft, roll it between two sheets of waxed paper.

For chilled pies, switch to a crumb crust and use a melted spread to moisten the crumbs.

For cream or custard fillings, use egg substitute in place of some of the eggs. Replacing all of the eggs will result in a softer set custard that is hard to check for doneness.

Try decreasing the sugar in fruit fillings by half, except for very tart fruits, such as cranberries.

Opt for low-fat dessert topping or whipped evaporated skim milk when serving pies. Partially freeze evaporated skim milk in a mixing bowl. Add a spoonful of sugar, then whip till it holds soft peaks.

PUMPKIN MERINGUE PIE

The meringue shell makes for a no-fat crust and gelatin replaces egg yolks in the filling. Top each delicious wedge with a dollop of low-fat whipped topping.

1 recipe Meringue Shell
1 envelope unflavored gelatin
⅔ cup packed dark brown sugar
1 12-oz. can evaporated skim milk
1 16-oz. can pumpkin
2 tsp. pumpkin pie spice*
1 1.3-oz. envelope whipped dessert topping mix
Pumpkin pie spice* (optional)

Prepare Meringue Shell and cool completely.

For filling, in a small saucepan combine gelatin and brown sugar. Stir in ¾ cup of the evaporated milk. Cook and stir over medium heat till the gelatin is dissolved. Remove from heat; let cool for 10 minutes.

Meanwhile, in a large mixing bowl stir together pumpkin and the 2 teaspoons pumpkin pie spice. Stir the cooled gelatin mixture into pumpkin mixture. Chill till the consistency of corn syrup, about 1 hour in the refrigerator or 20 minutes in the freezer, stirring occasionally.

Remove gelatin mixture from refrigerator or freezer. (It will continue to set.) While gelatin mixture stands at room temperature, in a small mixing bowl prepare dessert topping according to package directions, except use the remaining ⅔ cup evaporated milk for the liquid. Set aside ½ cup of the whipped topping; cover and chill.

When gelatin mixture is partially set, fold in the remaining whipped topping. Cover and chill till the mixture mounds when spooned (about 1 hour). Spoon the gelatin mixture into the cooled Meringue Shell. Cover and chill in the refrigerator for at least 3 hours or till the center is set.

Before serving, stir the ½ cup reserved whipped topping; pipe or spoon it onto pie. Sprinkle topping with additional spice, if desired. Makes 8 servings.

**Note:* To make your own pumpkin pie spice, stir together 1 teaspoon ground cinnamon, ½ teaspoon ground ginger, ½ teaspoon ground nutmeg, and ⅛ teaspoon ground cloves.

Meringue Shell: In a mixing bowl combine 3 egg whites, ½ teaspoon vanilla, and ¼ teaspoon cream of tartar; beat with an electric mixer on medium speed till soft peaks form. Gradually add 1 cup sugar, beating on high speed till stiff peaks form and sugar is almost dissolved. Spread onto the bottom of a well-greased 9-inch pie plate. Build up the sides to form a shell. Bake in a 300° oven for 50 minutes. Turn off oven. Let dry with the oven door closed for at least 1 hour. Cool completely on a wire rack before filling. Makes 1 Meringue Shell.



Compared to traditional pumpkin pie, Pumpkin Meringue Pie saves you about 12 grams of fat per serving.

Nutrition facts per serving: 265 cal., 0 g total fat (0 g sat. fat), 2 mg chol., 93 mg sodium, 57 g carbo., 1 g fiber, 6 g pro. Daily Value: 136% vit. A, 5% vit. C, 14% calcium, 11% iron.

continued on page 71

FAT FREE. FLAVOR FULL.



Try delicious Healthy Choice® Fat Free Cheese instead of regular cheese in your favorite recipes. Lose the fat without losing the rich, creamy taste.

Healthy Choice® Crab Dip

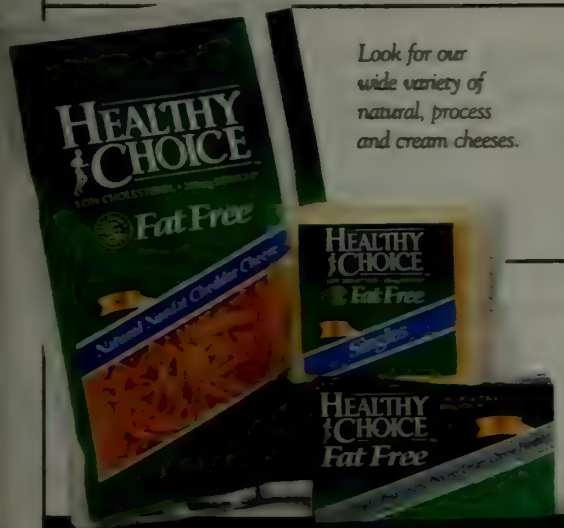
½ cup nonfat yogurt or sour cream
2 Tbsp. fat free mayonnaise
1 8-oz. package Healthy Choice Fat Free Cream Cheese, softened
1 tsp. prepared horseradish
½ tsp. dry mustard
½ tsp. worcestershire sauce
¼ tsp. hot pepper sauce
1 cup (4 oz.) Healthy Choice Fat Free Shredded Cheddar Cheese
½ lb. imitation crab, flaked
paprika

Combine yogurt, mayonnaise, cream cheese and seasonings. Mix well. Then, stir in cheddar cheese and crab. Cover and chill 2 hours. Sprinkle with paprika. Serve with crackers, breadsticks or vegetables. Approximately 20 servings.

3 Tbsp. Serving = 44 Calories/ 9g Protein/ 2g Carbohydrates/ < 1g Fat/ 10mg Cholesterol/ 194mg Sodium

	Fat	% Calories from fat	Cholesterol
Healthy Choice® Crab Dip	< 1g	3%	10mg
Regular Crab Dip	10g	77%	38mg

Based on 3 tablespoon servings.



Look for our wide variety of natural, process and cream cheeses.

HEALTHY CHOICE.

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HEALTHY CHOICE. NEVER SETTLE FOR LESS.™



"I still have asthma attacks, but I'm living the life I have always so desperately wanted."

"When I was a teenager, my favorite movies and books were always about other kids and their normal life situations. I had asthma and I would have given anything to just experience typical adolescent problems. I felt alone and left completely out of what should have been my wonder years.

Not only was the asthma ruining my life, the drugs I had to take for it felt almost as bad. The steroids were the worst. My cheeks were puffy, but the muscles in my arms and legs wasted away.

My doctors asked my parents if they could send me to National Jewish in Denver, Colorado. The week we arrived was a flurry of assessments, tests and evaluations of every aspect of my life. National Jewish taught me all about asthma and how to deal with it.

I truly believe National Jewish saved my life. And I don't mean that they merely kept my heart beating. I graduated on time and went on to nursing school where I will soon graduate with a baccalaureate degree. I also do step aerobics at least three times a week. I still take medications...but I'm living the life I have always so desperately wanted. It is a gift that no place but National Jewish could have given me."

Sheryl S., Former Patient

If you have asthma and want to make a better life for yourself, National Jewish may be the one place you can do it. Sheryl's success story is one of thousands that demonstrates that. So call us at 1-800-222-LUNG. We've got hundreds of asthma patients from every state who would be happy to tell you about their experience here. And maybe make your decision easier. We also have an informative video which details three patients' stories (it's free for the asking). So call today. And soon, you could be writing a success story of your own.

NATIONAL ASTHMA CENTER

National Jewish Center for Immunology and Respiratory Medicine

1·800·222·LUNG

Good Food/Good Health

continued from page 68

FESTIVE CHEESECAKES

When you're baking a cheesecake, the makeover is easy. Just switch to low-fat or nonfat dairy alternatives and use the same amounts called for in the recipe.

Expect low-fat or nonfat cream cheeses to yield creamier, softer cheesecakes.

Light sour cream or low-fat yogurt will not noticeably change cheesecakes. However, nonfat sour cream or yogurt may cause them to be softer. If you're substituting nonfat or low-fat yogurt for sour cream, cut back a tablespoon or two on any liquid in the cheesecake recipe because yogurt contains more water and will make the cheesecake soft.

Switch to skim milk from whole milk and to evaporated skim milk from cream.

Instead of a full-fledged crumb crust that's high on butter, spray the pie plate or springform pan with nonstick coating and sprinkle it lightly with plain crushed graham crackers or vanilla wafers.

Instead of a rich chocolate or custard sauce, top your holiday cheesecake with fresh fruit, pureed frozen berries, or melted preserves.

COMPARE THE NUMBER

By making ingredient substitutions, you can make significant nutritional improvements to your baking. Compare the numbers between nonfat, low-fat, and traditional dairy products:

Compare ½ cup of these foods:	Cal.	Fat (g)
Regular sour cream	208	22
Light sour cream	144	8
Low-fat yogurt	72	2
Nonfat sour cream	72	0
Nonfat yogurt	64	0
Regular whipping cream	416	45
Light cream	232	23
Evaporated milk	169	10
Evaporated skim milk	100	0

MORE QUESTIONS? CALL THESE HOTLINES

• The Land O' Lakes Holiday Bakeline at 800/782-9606. You'll find answers to your baking questions from 8:00 a.m. to 6:00 p.m. Central Standard Time, from November 1 through December 24.

• The Butter Buds Hotline at 800/231-1123 (New York residents: 800/336-0363). Call between 9:00 a.m. and 5:00 p.m., Eastern Standard Time, Monday through Friday, year-round.



by Gary Legwold

Lifesaving Tests



Do you worry about the skyrocketing cost of health care? Then now's the time to start your very own cost-cutting program. Talk to your doctor about these seven lifesaving tests. By spending a little time and money today, you could save yourself thousands of dollars later on. More important, you'll be saving yourself and your family from the tyranny of cancer, heart disease, and a host of other life-threatening illnesses.

1. Blood Pressure Test. "This test has been one of the greatest success stories in U.S. medicine," says Linda Hyder Ferry, M.D., Assistant Professor of Preventive Medicine and Family Medicine at Loma Linda University. "Screening for and treating blood pressure has reduced the number of people dying from strokes by 50 percent since 1972."

Fifty million Americans have high blood pressure. Left untreated, the condition causes damage throughout your body. Heart, lungs, brain, kidneys—the list of organs at risk is a long one.

Unfortunately, much of the damage can occur before you are even aware of it. High blood pressure usually doesn't have symptoms. You don't feel weak or tired or grumpy.

The test is simple, fast, and painless. A doctor or nurse uses a stethoscope and a pressurized cuff wrapped around your arm to measure the pressure in an arm artery at two times: during a heartbeat and between beats.

Systolic pressure, taken during a beat, is the first number in your reading. The resting pressure, or diastolic pressure, is the second, usually smaller number in the reading. For example, in a "normal" reading of 120/80 mm Hg, 120 is the systolic pressure and 80 is the diastolic pressure.

Any reading higher than 140/90 calls for action. First, because blood pressure varies from moment to moment, the reading should be confirmed in two months, sooner with exceptionally high blood pressure. If the repeated readings are high, your doctor will suggest remedies. These might include losing a little weight, cutting back on salt, taking medication, beginning an exercise program, cutting back on alcohol, or eating more fiber.

Free blood pressure screenings are widely available, so keep your eyes open. Or, your doctor can arrange a test at a nominal cost. If you need to take regular readings, your doctor can teach you how to use one of the simple home measuring devices, which cost between $40 and $150.

2. Cholesterol Test. Heart disease is the number one killer of Americans. Cholesterol plays a major role in that statistic. According to some researchers, each 1 percent increase in blood cholesterol raises your

continued on page 74

THE BAYER FACTS:
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What's the first thing you notice about a BAYER® Aspirin tablet? It's our very familiar name. One that stands for outstanding pain relief and quality. And we stand behind our name with pride. Which is understandable, when you consider that we've been helping people feel better for 75 years. No wonder we're called "The Wonder Drug."

Do you know where your aspirin tablets come from? Genuine BAYER Aspirin is made right, right in the U.S.A. Every single tablet comes from a pretty special place: Myerstown, PA.

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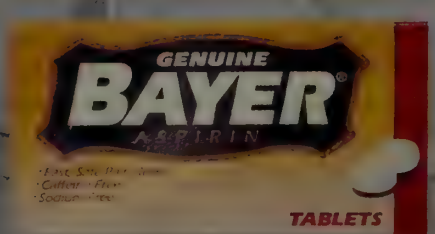
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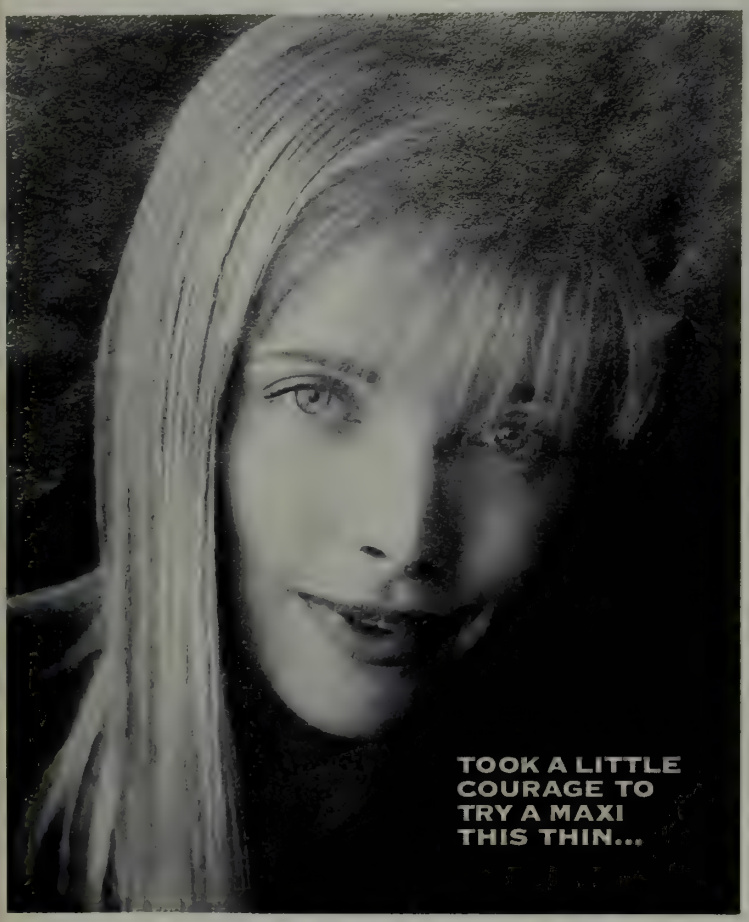
Read and follow label directions.

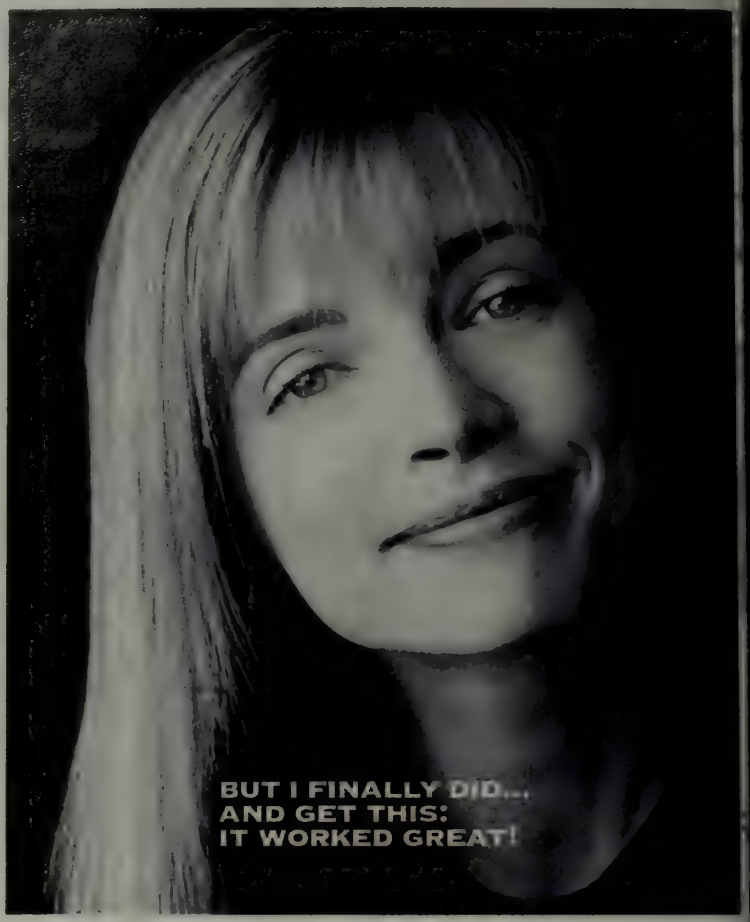
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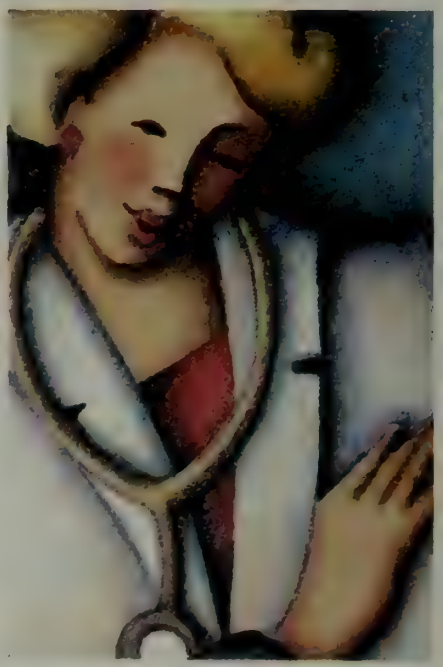
Lifesaving Tests

continued from page 72

risk of heart disease by 2 percent. That's only a rough guide, but there's no doubt that risk grows as your cholesterol number rises.

There are two types of cholesterol check. The first check provides a single measure of all types of cholesterol in your blood. A total cholesterol test is quick and easy and requires only a drop of blood. This is a good first step in looking for possible problems.

If your total cholesterol number exceeds 199, your doctor may want to measure the various kinds of cholesterol in your blood; some types are more worrisome than others. This test requires you to fast before having a blood sample drawn. The results of this cholesterol fractions test will guide your doctor's recommendations.



Often, cholesterol levels can be lowered by changes in your diet or by losing weight and getting more exercise. In some cases, medications can help too.

You should get a total cholesterol check at least once every five years over age 20. Free tests are available, but use caution. Screening programs that are sponsored by well-known medical groups such as the American Heart Association are generally reliable, but not all free programs are well-monitored.

Apart from your doctor's fee, an in-office total cholesterol test costs $15. A cholesterol fractions test runs $20 to $100.

3. Pap Smear. Ferry calls this test another "sterling example" of how testing can save lives. Since 1972, she says, deaths from cervical cancer have fallen 73 percent.

In a Pap smear, the doctor inserts instruments into the vagina and gently scrapes cells off the cervix, a part of the uterus. These cells are then analyzed under a microscope for abnormalities.

A Pap smear should be done every one to three years in females 18 and older, and in younger

naxi instead of a big bulky pad?

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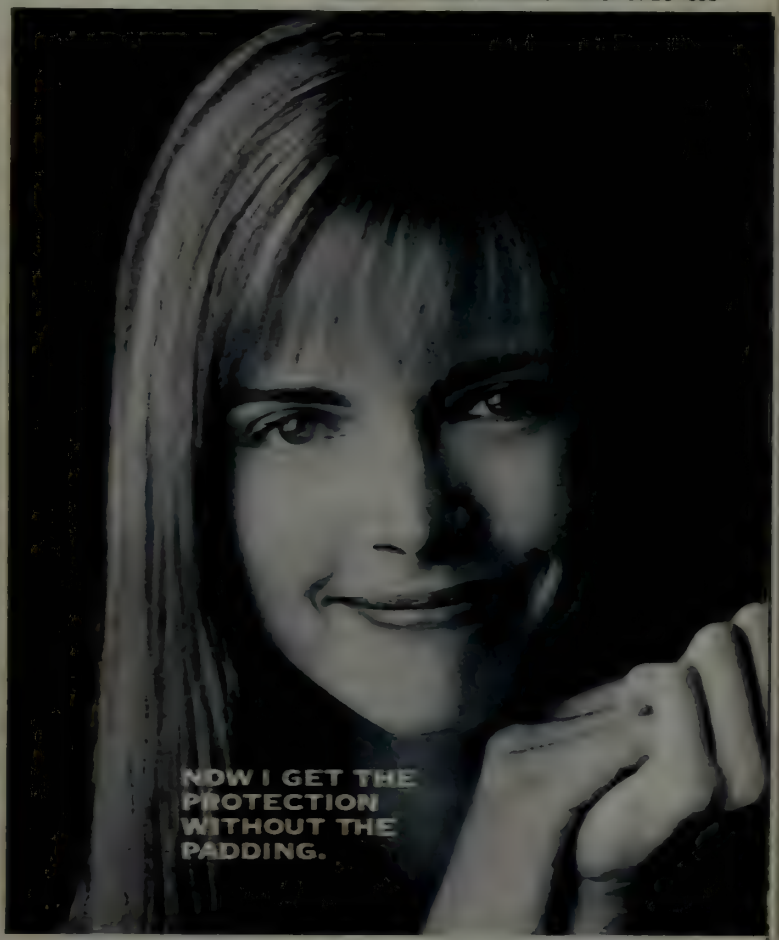
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females who are sexually active, says Mary Jo Welker, M.D., a family practitioner in Columbus, Ohio, and Clinical Associate Professor at Ohio State University. Testing frequency increases for women who change sex partners often or whose partner changes sex partners often. A Pap smear costs $70 to $100, including a doctor's fee.

Special note: Analyzing a Pap smear requires a high degree of skill. Surveys have cast doubt on the quality of tests at some laboratories. To ensure that your test is being handled by qualified personnel, ask your doctor if the lab is accredited by the American Society of Clinical Pathologists.

4. Mammography. Breast cancer is the second leading cause of cancer deaths in women after lung cancer. Each year 140,000 cases develop and 43,000 women die from this disease, says Ferry.

The good news is that mammography, an X-ray procedure for detecting breast tumors early, has reduced the death rate from breast cancer in women over 50 by 40 percent, says Julie Abbott, M.D., chair of the Division of Preventive Medicine at the Mayo Clinic.

In mammography, each breast in turn is placed on an X-ray machine and gently compressed. Some women find this squeezing process to be uncomfortable, but few of those surveyed called it painful. By flattening the breast tissue, the mammogram can better reveal the dense tumor masses that signal cancer.

A baseline mammogram, which is used for future comparisons, should be done between ages 35 and 40, says Welker. Between ages 40 and 50, a mammogram should be done every one to two years; after age 50, once a year. In women with a family history of breast cancer, doctors recommend mammograms more frequently. Cost is about $100. A limited number of coupons, which lower the cost to $40, are available from the American Cancer Society.

5. Colon Cancer Tests. Colon cancer is the third leading cause of cancer deaths, says Abbott, accounting for about 20 percent of U.S. cancer mortalities. Two tests detect early signs of colon cancer.

The first test analyzes feces for blood, a sign of a cancer in the colon. Your doctor will give you an easy, mess-free sample kit. You'll need to take samples over three days, and avoid certain foods and medicines during that time. This test costs about $45.

Because stool testing isn't foolproof, another test is needed in some situations. One common test is called a flexible sigmoidoscopy. You may need an enema or a laxa-

continued on page 76

Lifesaving Tests

continued from page 75

tive beforehand to clear out feces, which prevent the doctor from examining the colon walls for cancer. You then lie on your left side with your knees drawn up. The doctor inserts a flexible viewing tube into the rectum to examine the colon. While not a particularly comfortable procedure, sigmoidoscopy is an effective test for detecting colon tumors. A sigmoidoscopy costs $150 to $200.

Colon cancer testing should be done once between ages 45 and 50, then every three to five years. It should be noted that some doctors do not recommend regular colon cancer testing because of the expense and inconvenience, and because the cancer tends to run in families. However, colon cancer is too prevalent to be ignored. Consult your doctor especially if this cancer runs in your family.

6. Skin Cancer Exam. A young woman went to Welker for a Pap smear. Welker noticed a black mole on her leg. "How long have you had that?" Welker asked.

"I don't know, why?" the woman responded.

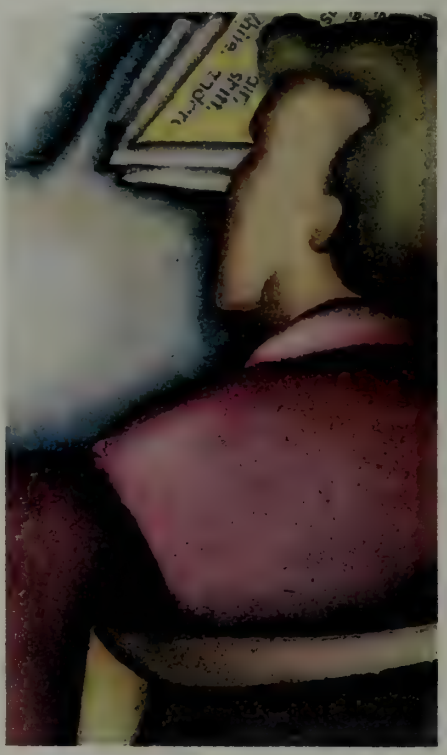
"Because it has to come off," said Welker.

Welker had spotted skin cancer, the most common form of cancer; 500,000 skin cancers are diagnosed each year, primarily in people having had long-term exposure to sunlight. Most cases are basal cell or squamous cell carcinomas, forms of cancer that need to be removed but are not fatal in most cases.

Welker's patient had a malignant melanoma; 74 percent of those who die from skin cancer have malignant melanomas. "This type of cancer is increasing faster than any cancer," Ferry says, "and there's real alarm as to why." She speculates that thinning of the atmosphere's ozone layer, which protects the skin from damaging rays, and increased recreational exposure to the sun are factors.

The skin exam is simply an inspection, and perhaps a mapping, of moles. Cost is a $35 doctor's office charge. Abbott advises all people, especially the elderly who have had the most exposure to sunlight, to see a dermatologist once a year or so for this test.

7. Diabetes Tests. Each year diabetes, which affects 14 million



Americans, is among the top ten causes of death. This disorder of the pancreas leads to high blood levels of glucose (a form of sugar). Over time, diabetes can cause blindness, heart trouble, kidney failure, stroke, and gangrene in a limb severe enough to require amputation.

The initial test for diabetes is simplicity itself. A chemically impregnated strip dipped in a urine sample reveals the amount of glucose present. A more sophisticated measurement confirms the diagnosis. In this blood glucose test, the patient fasts overnight, then gives a blood sample in the doctor's office for analysis by a laboratory. This test costs $5 to $15. Some doctors will prick a finger and smear blood on a chemically treated strip that is read by a special instrument.

Doctors usually test when diabetes runs in a patient's family and when classic symptoms develop: fatigue, excessive thirst, frequent urination, and blurred vision.

Beyond the basic seven. No list of health tests can cover every check that might do you some good. A strong case can be made for several other tests.

An excellent case could be made for psychological testing for alcoholism and depression. Alcoholism contributes to liver disease, deaths related to accidents, diabetes, and heart disease—all among the top ten causes of death. Depression, another leading cause of death, contributes to alcoholism, accidents, and suicides. In addition, Ferry's research shows depression is strongly linked to failure to quit smoking. Smoking causes lung cancer and is a risk factor in heart disease and stroke.

And what about testing for prostate cancer, the second most common cancer in men? A new test, the prostate serum antigen (PSA) test, is not always accurate and remains controversial. Still, men over 50 should have a physician feel the prostate through the rectum (cancerous prostates feel hard and knobby) as part of their regular checkups.

Keep in mind the goal is preventing fatal diseases. Testing done by doctors, while important, is not as important as lifestyle changes made by you. Ferry says 30 percent of cancers are from smoking and 35 percent from bad diets. Abbott adds: "If what you took away from a doctor's visit was to exercise, stop smoking, lose weight, have safe sex, wear a seat belt, and so on, then there is no question that making those kinds of lifestyle adjustments would save 10 times more lives than any testing the doctor did."

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health update

MEDICAL NEWS YOU CAN USE



New Lens News

An updated version of bifocal glasses is spelling relief for readers. That's the upshot of a new study.

Many users of contact lenses need to wear a separate pair of corrective glasses for reading and other close work. Some choose bifocal contacts or reading glasses, though not all users are happy with the results. Now comes another option: the progressive addition lens—or PAL, for short.

PALs are worn in standard eyeglass frames and can be used with contacts. Because the curvature of the lenses is different at the top and bottom, PAL glasses can correct both near and far vision. But, unlike bifocals, the change in the curve is gradual, eliminating any sharp line across your vision. There's no telltale bifocal line for others to see.

In a study of the new lens option, optometrist William G. Bachman, O.D., found that longtime contact lens wearers preferred the PAL option over other common solutions to the near-far dilemma. Participants in the study said that the PAL glasses were more comfortable to work in than standard single-strength reading glasses, and that they had little trouble getting used to them.

HEALTH ALERT

Women commonly mistake bacterial vaginosis for a yeast infection. That can be a dangerous error. Vaginal yeast infections produce itching, irritation, and a cottage-cheese-like discharge. Bacterial vaginosis also produces a discharge, usually a milky white or gray, with a characteristic foul or fishy odor. Women with the condition may have a higher risk of pelvic inflammatory disease, a painful illness that can lead to infertility. If you suspect any sort of vaginal infection, talk to your doctor before you start any treatment. For more information on bacterial vaginosis and look-alike infections, send a business-size SASE to: Metrogel-Vaginal, Coratek Pharmaceuticals, 1965 Pratt Boulevard, Elk Grove, IL 60007.

THUMBS DOWN

Children who persist in sucking their thumb may face an uphill battle when trying to make friends. In a study published in the medical journal *Pediatrics*, researchers asked 40 first-grade students to judge photos of children, some of whom were sucking their thumbs.

Thumb-suckers were rated less intelligent, less likable, and less desirable as playmates. The results of the study reveal attitudes that may well persist out on the



playground.

If you know a child who would like to stop thumb-sucking, talk to your doctor or dentist. The habit is usually not a health hazard, say doctors, but it may interfere with a child's attempts to fit in.

continued on page 80

nother place you don't want to be when that harsh chemical laxative kicks in.



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Health Update

continued from page 78

A pair of new studies offers important advice for those affected by heart woes:

•Heart patients who are told to work out can rest assured that morning workouts don't put them at extra risk. Because the majority of heart attacks occur early in the day—often very early in the morning—cardiologists often suggest afternoon or evening workouts. In theory, later workouts ought to be safer.

A new study from the Bowman Gray School of Medicine in Winston-Salem, North Carolina, casts doubt on this theory. Paul M. Murray, M.D., and his colleagues studied two groups of heart patients for 10 years. One group worked out in the morning. The second group exercised after noon. Workouts were doctor-supervised. The risk of a serious "cardiac event" (a heart attack, for instance) was very small in both groups. The morning group had a slightly higher risk, but the difference was miniscule, say the researchers, particularly when compared to the benefits of exercise.

So, if you're more likely to stick with a morning session, talk to your doctor about getting an earlier start.



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•Doctors regularly prescribe aspirin for patients who have reason to worry about heart attacks. Aspirin "thins" the blood, making it less likely to clot in the arteries and cut off blood supply to the heart or brain. Researchers at the State University of New York at Buffalo have found that another common pain remedy may counteract the benefits of the aspirin.

Francis M. Gengo, Pharm.D., an associate professor of pharmacy and neurology, looked at what happens when patients take ibuprofen (sold as Motrin and other brands, plus generics) and aspirin together. Timing is everything, reports Dr. Gengo.

Taking ibuprofen one hour or less before taking the aspirin markedly reduced the length of time the aspirin produced its beneficial effects. When aspirin was taken *first* and sufficient time lapsed before the ibuprofen was taken, the ibuprofen did not affect the benefits of the aspirin. If you are using aspirin for prevention purposes, the researchers recommend that you take it at least an hour before using another pain reliever. One final caution: Aspirin can cause stomach bleeding and other serious medical woes, so don't use it regularly without talking to your doctor first.

continued on page 84

ISKA

Patricia Wall

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Health Update

continued from page 80

Fruitful Path to Health

A weight-loss program that includes generous helpings of fruit may be a good ticket to normal blood pressure. Scientists at the Harvard School of Public Health discovered that fruit fiber in the diet is linked to lower blood pressure. They caution that fiber alone isn't nearly as effective as shedding excess pounds. But combining these two ingredients could boost the benefits of both strategies.



The researchers looked at the nutritional profiles of 30,681 men between ages 40 and 75. According to study coauthor Meir J. Stampfer, M.D., the men who took in the least fruit fiber had a 46-percent greater chance of developing high blood pressure than men who ate the most fiber. Compared to fiber from cereals and vegetables, fruit fiber appeared to have the most beneficial effect on blood pressure. That's a big deal because elevated blood pressure is linked to heart disease, stroke, and other health problems. Reducing high blood pressure is one of the best ways to cut those risks. If you've resolved to lose weight for better health, remember to include healthy servings of fruit. One last reminder: If you are already on medication for your blood pressure, don't stop taking it without talking to your doctor.

Strep Advice

Kids with strep infections should stay home for 24 hours after starting treatment. Though they may feel better after a dose or two of antibiotics, kids remain contagious until their third dose. That's according to a study published in the journal *Pediatrics*. Unchecked strep infections can lead to potentially life-threatening illnesses such as rheumatic fever and pneumonia. Watch for a sore throat with a fever and swollen tonsils.



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For information call 1-800-NISSAN-3, ext. 239.

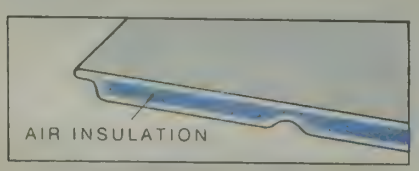
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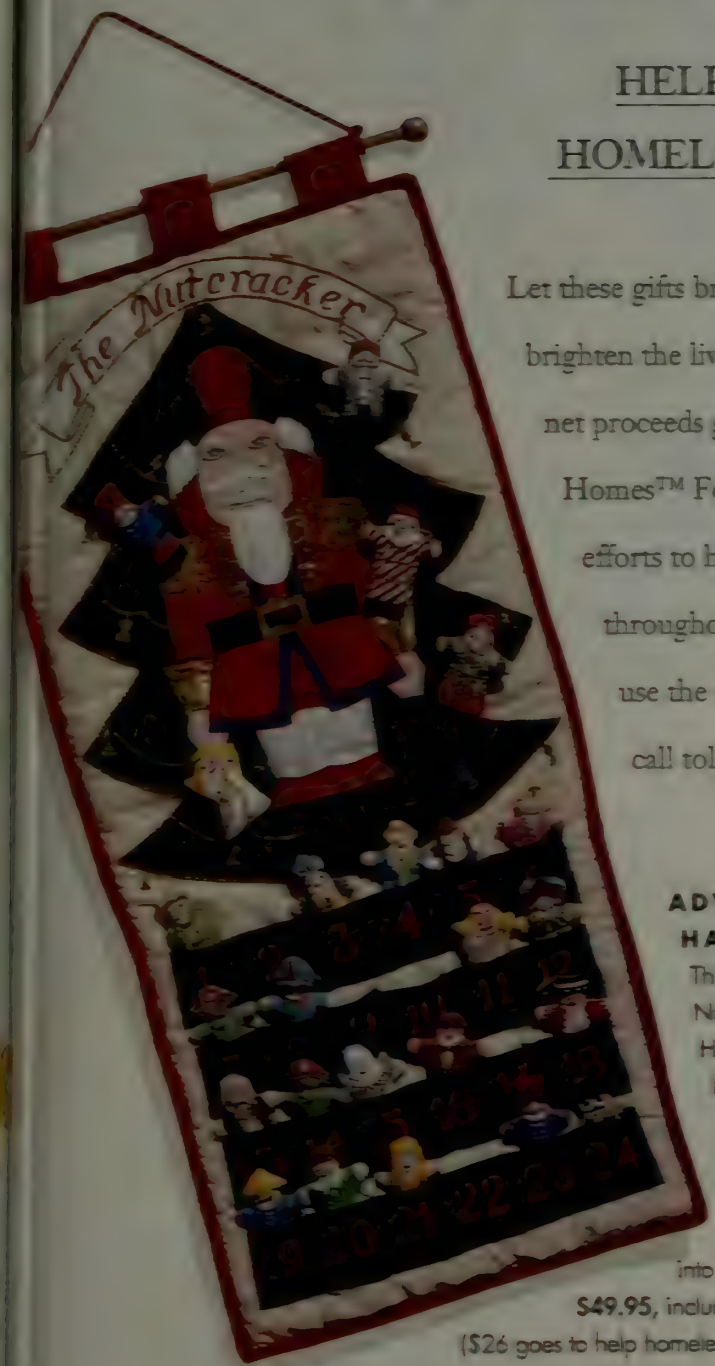
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continued on page 90



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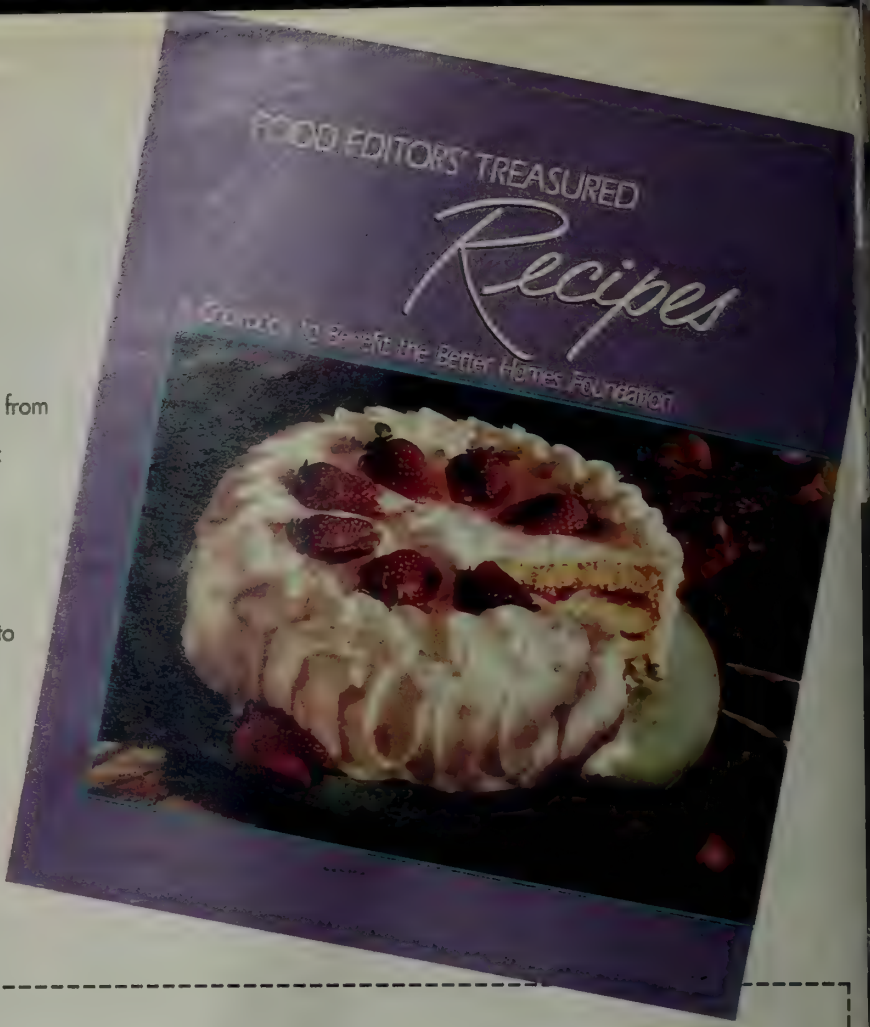
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Great Gift Ideas

continued from page 89

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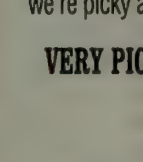
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No, It's Not A Segment From This Old House.

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tips, tools, & techniques

This is your column. It contains the best workshop shortcuts and home maintenance tips that do-it-yourselfers like you have discovered. See below for details on how to share your tips.

STICK YOUR PICTURE

Keep your hanging framed artwork from shifting off-level by applying a couple drops of glue from a hot-glue gun on the back of the frame.

Denise Rucci
Oil City, Pa.

DON'T LOSE YOUR PARTS

When removing small parts from an item that you're repairing, lay a piece of double-sided tape nearby and put the parts on the tape in the order they're removed.

C. A. Pierce
Greensburg, Ky.

TRAP THAT SOIL

Keep loose soil from seeping out the bottom of your potted plants by placing a coffee filter in the bottom of the pot before planting. The filter lets water out but keeps soil in the pot.

Marie Aragona
Ft. Washington, Md.

WET YOUR SCREWS

Before putting a screw in drywall or plaster, wet it first. The water will set the plaster and help the screw hold better.

Beverly Ann Catalan
Holbrook, N.Y.

EASY SPACKLING

If you're out of spackling or joint compound and need to patch a wall, use this easy and inexpensive mixture. Make a paste of white glue and baking soda. Then apply to the hole or crack.

Howard Wiener
Spring Hill, Fla.

VACUUM MUST BUSTER

When your vacuum begins smelling musty, crumble bay leaves or kitchen herbs in front of the vacuum. The leaves will give the vacuum and the room a fresh scent.

Cynthia Costa
Seaside, Calif.

PAPER YOUR WINDOWS

To keep your windows clean and shining longer, first clean them well with window cleaning solution. Then, rub them with newspaper for a crystal-clear appearance.

Tim Hynes
Watertown, Mass.

DON'T GET FROZEN OUT

Keep your car doors from freezing you out by applying petroleum jelly over the door's rubber seals.

Glenda Stubblefield
Granite City, Ill.

SEND US YOUR TIP

Mail your tip, along with a daytime telephone number, to Tips, Tools, and Techniques, *Better Homes and Gardens*® magazine, 1716 Locust Street, Des Moines, IA 50309-3023. No food or cooking tips, please. We can't acknowledge or return your letters. If we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we would like. We don't accept previously published tips.

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The Jefferson coffee pot. [illegible]-less look, but surprisingly affordable.

by Sandra S. Soria



collector's Passion



Living with the things you love

Greg and Maggie O'Brien prove that, like great love affairs, the best rooms can't be planned. For these recently married twenty-somethings, chance meetings with quirky collectibles have given their suburban Boston apartment its certain spark. Always keeping their eyes–and hearts–open to the decorating possibilities, these frill seekers have lavished plain spaces with these objects of affection in clever and surprising ways. Love the idea of affordable, adorable rooms? Come on in.





We're not just surrounded by things, we're surrounded by happy memories.

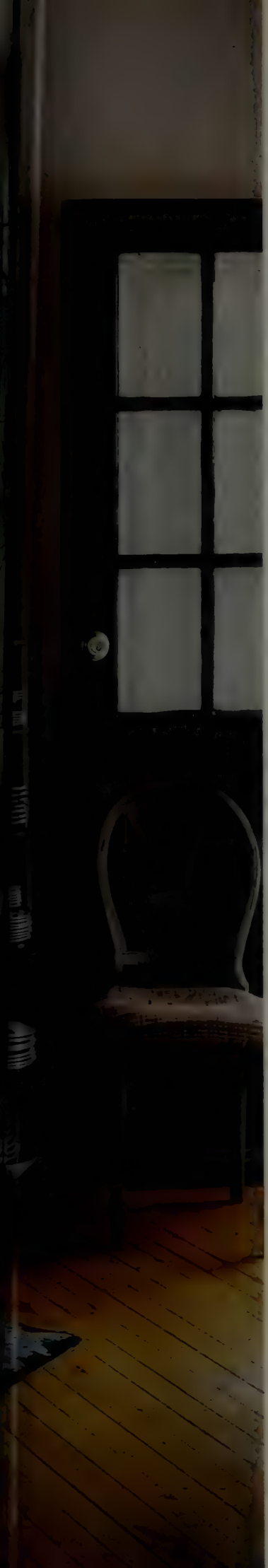
The O'Briens' story of love and decorating began with a featureless, one-bedroom apartment in an older home and a few pieces of basic furnishings. Rather than looking at this neutral territory as a limitation, the O'Briens see it as a distinct advantage. "I think what makes our home more special," says Greg, "is the fact that we don't have expensive furnishings or architecture. Our budget demands that we be creative with the basics that we have. That's why we focus on accessories that can make an ordinary room look outstanding."

Using their mind-over-money decorating magic in the living room, for instance, the two whipped up an airy and elegant window dressing from 40-cents-per-yard cheesecloth and old rusty pipes. "The best things come along when you least suspect them," says Greg. "That's why we have no shame when it comes to collecting things for our home--we've been known to pick up things from the side of the road."

Besides being constantly on the lookout for treasures found along the way on travels ("Our mementos never go in shoeboxes," says Maggie. "They go on the walls!") or on weekend "antiquing" forays, Greg and Maggie can also pick an unpolished gem from a trove of junk at a flea market. Noting its good design

Photographs: William Stites. Regional editor: Estelle Guralnick







A lot of people put their money into basics. We do just the opposite, we put ours into the finishing touches.

Owners of a Boston-area garden center called Gregory's, the O'Briens often collect from nature when decorating their home. A twiggy arbor and weathered exterior shutters make an ideal backdrop for inexpensive garden furniture that serves as their dining set.

Romance blooms in the bedroom. Here, the two saved money thanks to a flea-market bed and inherited nesting tables, so they could splurge on luxury linens. Photographs and greens complete the lush personality.





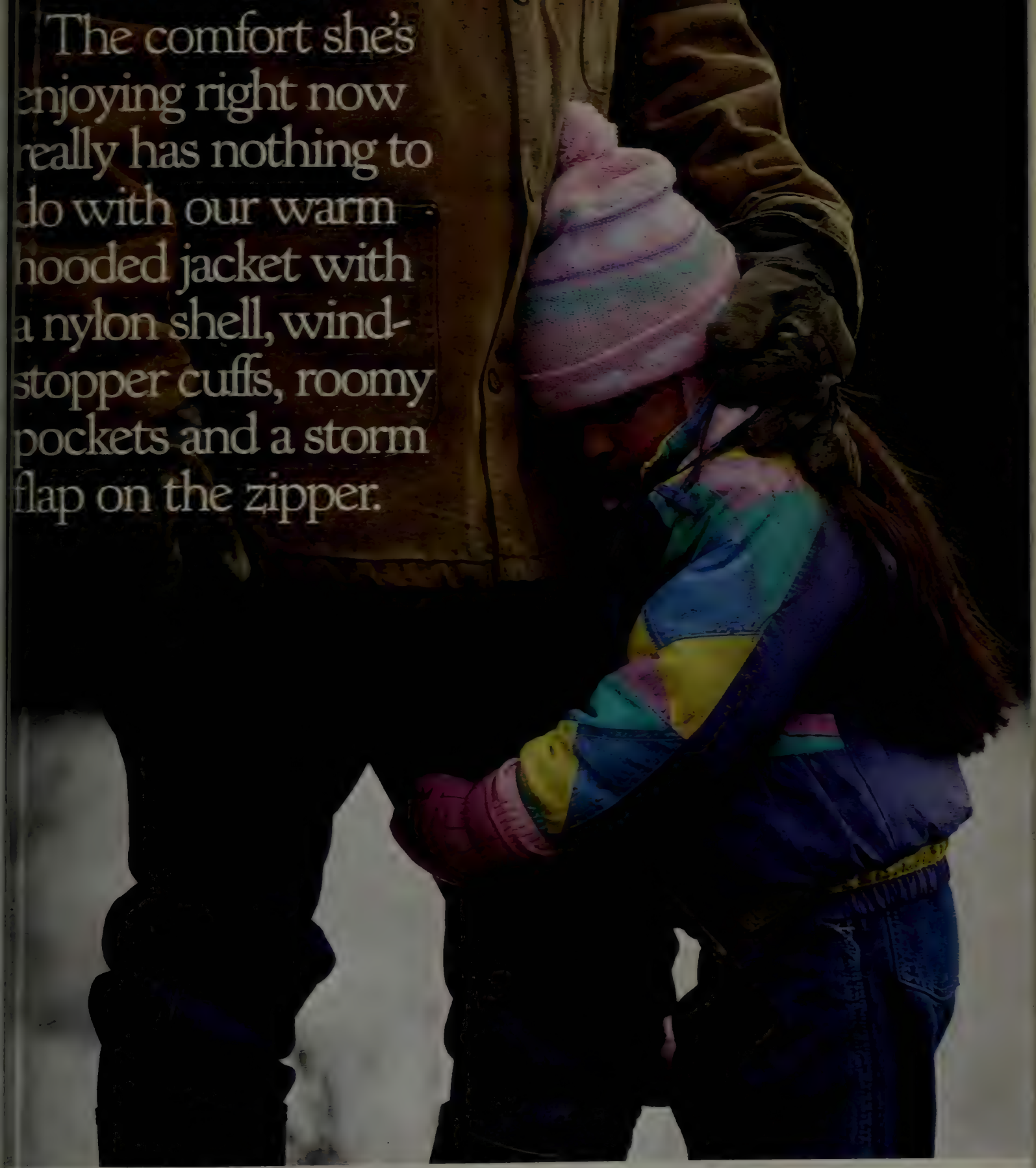
We like to climb to the ceiling with our displays. Wall space is like a blank canvas.

bones, the two rescued the run-down armoire from a sea of stuff, then hired a painter to turn it into a masterpiece at a fraction of the cost of a vintage painted piece. Now, it's a TV cache and a cornerstone of the living room's design.

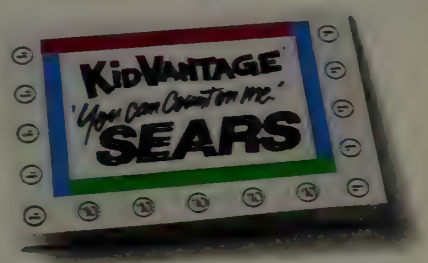
Obviously, it's not only what the O'Briens find, but how they use it that makes the place special. Their accessories climb walls, stand four-layers deep on a hutch, or tumble onto the floor. "We love to create collages of objects," says Greg. "The trick is to keep playing until they please your eye. Fill up a given space for impact, but use a mix of shapes, textures, and sizes for interest."

This couple cautions that if a personal look is what you long for, don't expect it to happen overnight. "When you want an instant room," says Greg, "you end up with a showroom. It's better to build a scheme piece by piece as you find things you love. Let the room come to you."

There's always room for one more treasure at the O'Brien home. Greg and Maggie keep collectibles from becoming clutter by corralling them into tightly knit wall or table displays. *Buying information, page 154.*



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home improvement

It's official: We've oohed and aahed and pored over your entries—all 9,829 of 'em—and narrowed the field to 96 winners. Once again, you left us marveling at the wonders you worked with elbow grease and inspiration. This month four of the top winners share their handiwork; in February we'll train the spotlight on four more.

contest winners

by Joan McCloskey, William L. Nolan, Tom Jackson, and Steven Greenhut

home
improvement

Grand Prize Winner **$11,000**





Generous new windows at the front of the former breezeway pull in extra daylight without altering the facade's traditional character.

The Carters, Radnor, Pennsylvania. Snatched from the contest's Daylighting category, our Grand Award Winner is so packed with sun-grabbing pointers that it's sure to help you shed new light on your living spaces. Despite its handsome stone facade, Charles and Christine Carter's Pennsylvania farmhouse had skimpy back windows that kept its small boxed-in rooms in the dark.

Working from the inside out, architect Judy Chang Wenderoth reworked the walls and ceilings to create an open and contemporary floor plan that takes full advantage of every ray of sunlight. Then, she invited the natural light inside by bumping out the entire back wall four feet and installing a generous series of windows.



Charles and Christine Carter, shown with Jordan and Kelly, took top honors for their renovation.





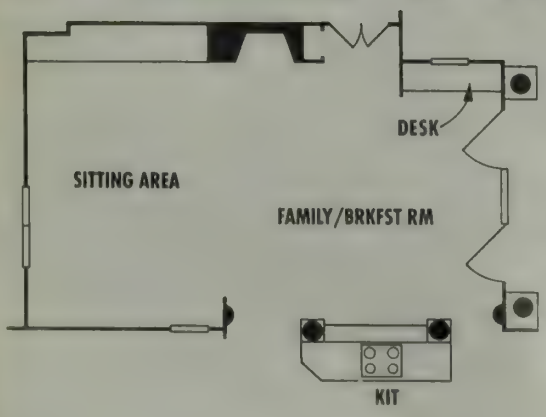
In the beginning, the Carters' stylish new space was only an unused breezeway with a former maid's quarters on top. The rest of the home's rear was featureless.



While gutting the breezeway, the Carters took the opportunity to improve the entire back of the house. Here, the back walls are being removed.



With the project complete, the rear gained shapely distinction. Pint-size windows were replaced with glass that runs the length of the house.



Annexing the breezeway and removing the walls to the kitchen created an open floor plan. Bumping out the back also added square footage.

"I love the new feeling of sunshine," Christine explains. "With the new family room, we live more casually now and our family spends more time together."

The heart of the home's airy new appeal formerly was a breezeway with a tiny maid's quarters above. "It was just a passageway, but we never really used it," says Christine. So the Carters annexed the modest-size space and removed the upstairs room to make way for a light-capturing solarium with a 15-foot ceiling. Glance at the dramatic open and airy design and it's hard to believe that this is a modest-size room.

A cozy sitting area, complete with oak bookshelves and a marble fireplace, now nestles toward the front. A built-in desk and informal snack area flank the rear. A daylighting tour de force, this room was designed to capture a mother lode of light and project it across the entire first floor.

Both ends of the solarium are draped in glass. Three glass doors, stylish transoms, and a small arched window decorate the rear. A bay window topped by four square transoms grabs light from the front. Interior windows share the sun with an upstairs bedroom and adjacent mudroom. So do open areas, which channel light to the kitchen and formal spaces beyond.



By losing the walls, the kitchen and the entire first floor gained access to an abundance of light.





The new sitting spot basks in the newfound sunlight. Nestled toward the front of the remodeled space, this area works as a separate room, offering a cozy place to read a book or gaze outdoors at the wooded views.

Why face a solid wall when you're hard at work? The tall window over the desk keeps this spot open and sunny. The desk and cabinets above are built into this niche.

home
improvement

Thanks to the open approach, the Carters transformed their kitchen into a sunny showplace without significantly expanding its size. Instead of a wall that would stop the light, two columns and an arched beam provide support. Also in lieu of a wall is a work peninsula that divides the kitchen from the adjacent hallway without boxing the room in. A wide window with an arched transom draws in the daylight. Light and natural finishes, white-painted cabinets, and oak floors throughout the main floor enhance the sunny outlook.

ARCHITECT: JUDY CHANG WENDEROTH, SOLUTIONS INC. PHOTOGRAPHS: BILL STITES
REGIONAL EDITOR: BONNIE MAHARAM



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Additions Winner **$1,000**



The Fohts, Naples, Florida. A grand new villa in the Caribbean? Guess again. Not long ago this spacious, island-flavored house on Florida's Gulf Coast was a 1940s cracker-box slated for the wrecker's ball. Richard and Nancy Foht rescued it by moving it to a site they had purchased nearby. With help from Nancy's parents, who live in Pittsburgh, they added a wing on the main floor and raised the shallow-pitch roof. The result: a spacious home for the Fohts and a vacation retreat for Nancy's mother and father.

Neighbors and passersby thought the Fohts had lost their minds: Why move an old house a few hundred feet, then tear part of it down? Richard, a home builder turned artist, explains the method in their madness: "We saved about $24,000 in labor and lumber by salvaging most of the old house instead of starting from scratch."

Broad gables, large dormers, and a new wing harbor 1,600 square feet of new living space in this Florida bungalow.





PHOTOGRAPHS: JEFF BLANTON. ARCHITECTURAL DESIGN: RICHARD FOHT



Off came the original shallow-pitch roof, up went a steeper roof punctuated by large dormers and roof windows. Out front a new guest wing for Nancy's parents replaces one corner of the old porch, and a big veranda ties it all together.

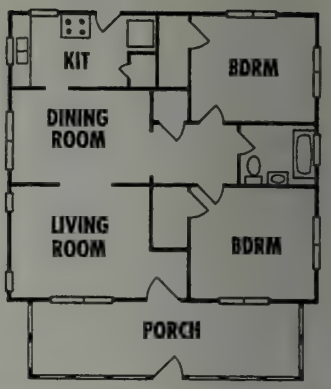
Richard and Nancy liberated the main living spaces by ripping out walls between the dining room, living room, and kitchen. They also added French doors in the dining area, installed new cabinets and appliances in the kitchen, and converted the porch to a solarium.

The Fohts did all of their own demolition work. "We filled the dumpster clear to the top every day," says Nancy. Richard reconditioned the home's original windows and Nancy helped him pull up and refinish the natural pine flooring. The money this saved helped pay for new drywall and trim, appliances, and cabinets.

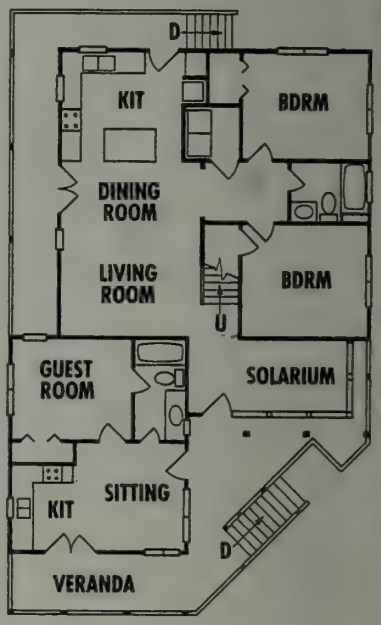
"To meet coastal-Florida building codes," says Richard, "we had to raise the house on 6-foot-high piers." He filled the spaces between the piers with lattice panels he built himself, then added verandas front and back.

French doors open the dining area to the rear veranda. An island defines the updated kitchen.

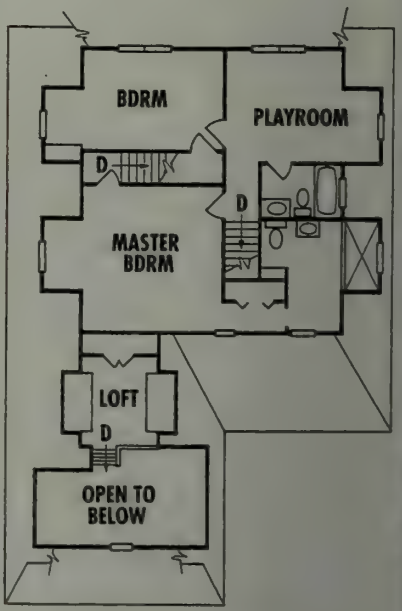




BEFORE: Walls in the original structure isolated the dining room and kitchen.



FIRST FLOOR



SECOND FLOOR

AFTER: The main rooms merged and the attic gained three new bedrooms.





Who says attics have to be stuffy? Richard's attic studio steals extra sun and pulls in cool breezes through operable roof windows. At night, the attic cools the rest of the house via the center stairwell.

Built-ins yield extra roominess in the upstairs bedrooms. Eric's desk spans a niche in the dormer; his chest of drawers fits flush with a knee wall nearby.

home
improvement

Raising the original low-slung roofline to a 45-degree pitch yielded headroom upstairs for two large bedrooms, two baths, and a playroom on the second floor, plus a studio workroom for Richard on the third floor. A staircase links the studio with the master suite.

To pull in ample light and Naples' balmy gulf breezes, Richard gave each room on the second floor a big dormer and a vaulted ceiling. For balanced light and ventilation in the studio, he installed twin double-hung windows in the gable walls and two pairs of roof windows in the sloping side walls.





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Kitchen Shape-Ups Winner **$1,000**

The Glasses, Larchmont, New York. With its generous elbow room, abundant sunshine, and ample seating, this blue-ribbon kitchen draws in friends and family like a magnet. Owners Ruth Obembreit and Bob Glass asked their architect to forego the usual kitchen/family room formula.

"Everyone else wanted to give me a kitchen with a great-room stuck on, but I just didn't want a couch and fireplace in my kitchen," says Ruth. "Diane (the architect) really listened and came up with solutions for all of our requirements." One requirement was ample storage; another was loads of natural light. Their architect delivered by moving space-eating appliances to the back wall and adding big windows, a roomy island, and extra under-counter storage throughout. Storage also abounds in the dining area; there are spacious drawers under and next to the



Bob and Ruth relax with daughters Maggie and Sophie on the window seat in their newly expanded kitchen.



Tall casement units above the window seat merge the dining area and kitchen with the outdoors and pull in cool breezes.





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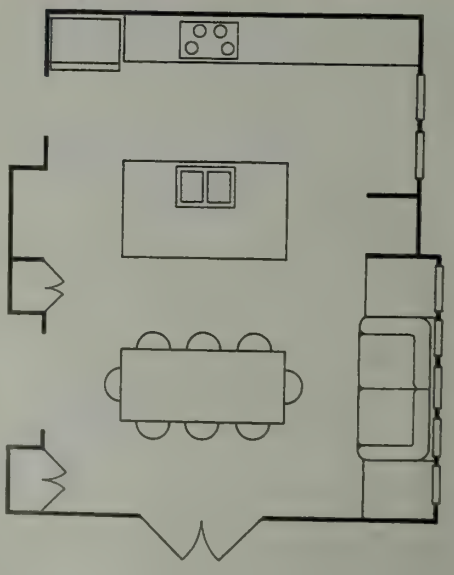
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window, drawers on the dining side of the island, and open shelving near one end of the window seat. The formal dining room became a home office/computer room. "Why waste space with a formal dining room when you only use it three times a year," says Ruth. The new dining area gets constant use, yet it's a great place for formal dinners. "All you have to do," says Ruth, "is set out the good china and a few candles, and dim the lights." Decorative touches warm up the white walls and cabinetry: pendent lighting fixtures above the table and the island, black granite on the island, and a tile backsplash behind the cooktop that was inspired by Maggie and Sophie's favorite bedtime story.

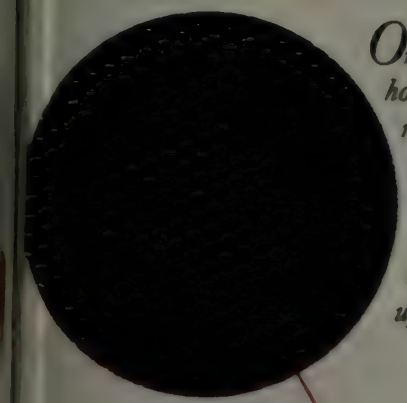


A vaulted ceiling and wide window seat help define the dining area. Their symmetry adds an air of subtle formality for sit-down dinners.

French doors open the dining area and the living room to a trellised deck.

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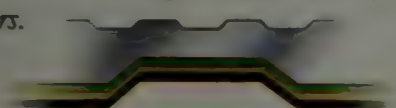


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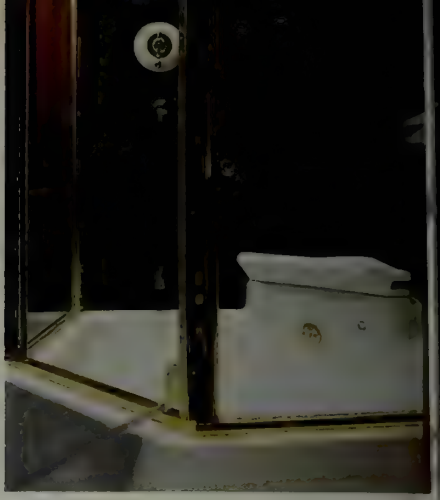
home
improvement

Bathroom Remodeling Winner **$1,000**



The Schicianos, Hudson, Ohio.

Unwieldy bathrooms in previous homes made Ed and Lynda Schiciano determined to do this one right. "If you spend a lot of time in the bath," says Lynda, "it should be one of the best rooms in the house." One winning feature of this bath is its his-and-hers layout. On Lynda's side, the makeup counter is sit-down height but the sink is elevated to 36 inches. A cutaway in the counter lets her sit closer to the mirror; storage puts cosmetics within reach.



A panorama of rich materials—cherry-hued paneling, marble flooring, and brass accents—surrounds the centrally positioned tub.

Marble also lines the shower on Lynda's side of the bath. Toe-twinkling whirlpool jets provide a foot massage below the seat.



ARCHITECT: ASA FAY CONTRACTOR: PETE O'DONNELL, O'DONNELL CONSTRUCTION. PHOTOGRAPHS: SCOTT MCDONALD, HEDRICH-BLESSING

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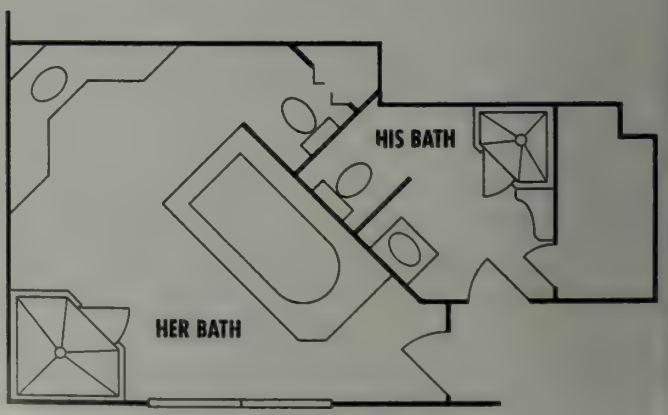


Different countertop heights serve different needs on Lynda's side of the bath.

Angling the tub platform across the center of the oblong-shaped room generated a smoothly flowing traffic pattern and a convenient parceling of space to suit each function.

Buying information, page 154

Ed's side of the bathroom (*see plan*) includes a walk-in closet, a pedestal sink, a six-drawer storage cabinet, and a separate shower. The storage cabinet doubles as a privacy wall for the toilet. Both areas are embellished with finely detailed woodwork, polished marble, and brass hardware. "I like rich, warm colors," says Lynda. "We've owned several other homes that were less bold. On this one we used all the color we wanted."





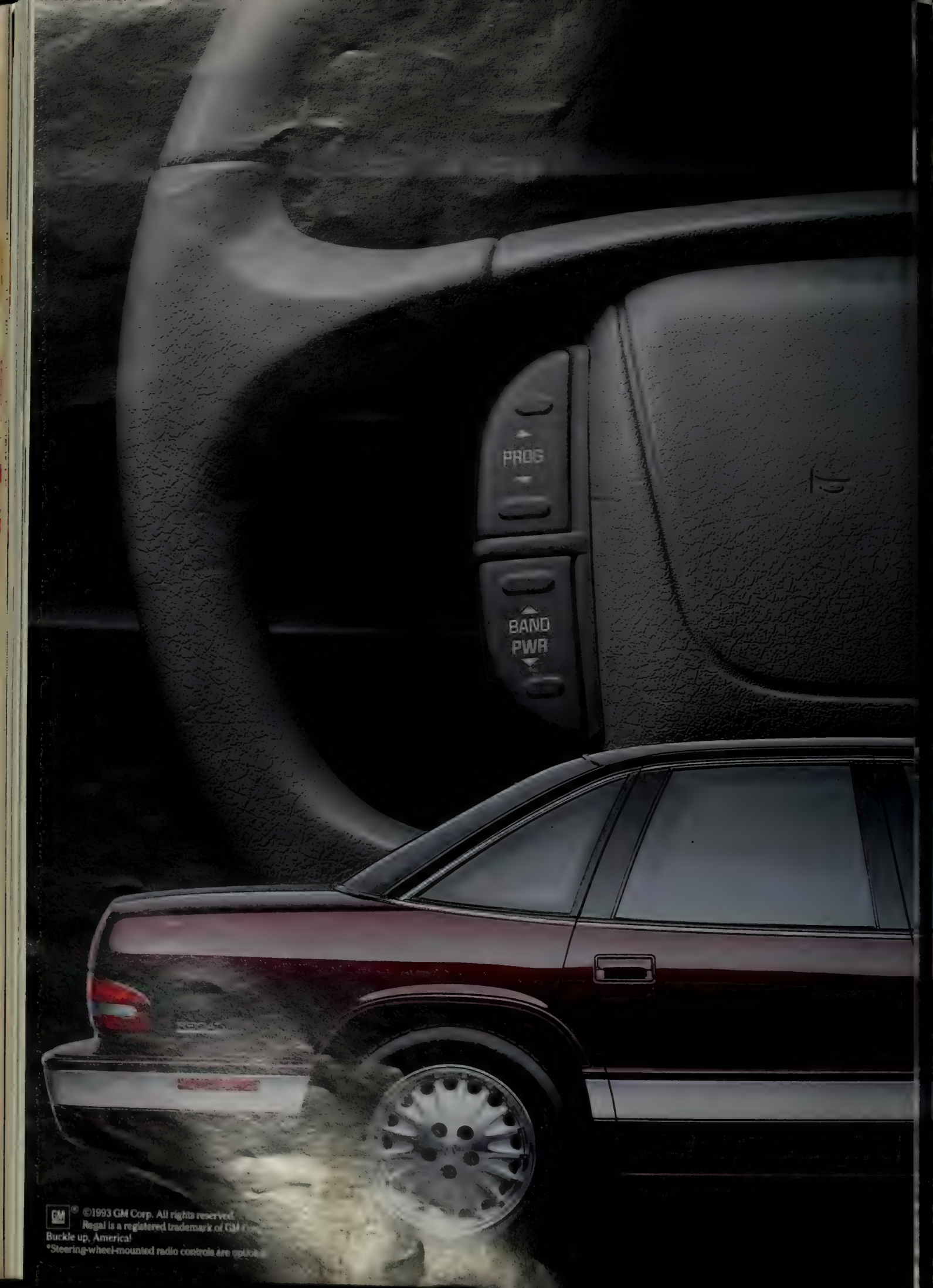
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Adventures in Remodeling

When they began their remodeling projects, the readers who entered our Home Improvement Contest often thought they were simply getting a new kitchen, bath, or addition. What many also gained in the process was a challenging and ultimately rewarding experience and a whole lot of stories to tell the grandkids.



Susan Albright added this sunny suite so her grandfather could live nearby.

BUILDING TOGETHERNESS

Family togetherness remodeling style usually meant parents and kids sharing pint-size quarters while the rest of the house was torn apart around them. Still, such unsettled times forged tighter bonds.

"Once our project began and our house was totally torn up, we all wondered if we would get through it and still like each other," relates Jayne Rosenblatt of Santa Barbara, Calif. She recalls the night the roof was removed, only to later have rain begin pouring. Her husband was out of town, so she and her boys spent the wee hours putting up plastic sheets.

"Everyone asks, 'How could you live with all of this,' " she adds. "And to this day I don't know, except to say I have great kids who have been real campers throughout."

Oftentimes, the very purpose of the project was to bring loved ones together. "Grandfather was living alone," relates Cynthia Albright of Houston. "The family desired to bring him closer during his later years." She added an apartment that was just a stone's throw from the heart of family activity.

IF IT WEREN'T FOR COTTON PANTS
THAT LOOKED LIKE THIS OUT OF THE DRYER,



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WHAT'S SO FUNNY?

Some readers found that laughter was the best medicine for getting through those stressful remodeling projects.

Karin and Bruce Miller of Phoenix, found it a lot easier to laugh now that all the dust has cleared after completely remodeling a fixer-upper. "I can still remember the day we moved into this house," recalls Bruce. "The friends that helped us move were doing a lot of whispering behind our backs. They later informed us that they thought we were crazy to purchase [this] house."

Looking back at the project with a chuckle, the Millers understand their friends' amusement, as they recall the condition of the house when they bought it. "We are now proud of our home and invite over our friends for a meal now and then," they say. Yes, even those who did all the whispering.

WAS IT WORTH IT?

Reader after reader described the oftentimes difficult foray into home remodeling. But, when the toolbox was put away for the last time, virtually every reader was enthusiastic about the results. Would they do it again? Of course. Just listen to Doddie Williams of Greenfield, Minn.: "All the hard work and frustration was worth it. I would like to invite the whole world in to see."





At first, Stephen Randall's lack of remodeling experience concerned him. Then, he says, "I figured if I could build a truck like this...remodeling was a possible goal."

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Remodeling Strategies

Time and again, our readers proved that you can remodel your home without breaking the bank. Here are some of their successful strategies.

TAKE TIME TO DESIGN

Our readers' remodeling plans weren't hatched overnight. Careful planning helped them keep costs from careening out of control.

Many readers, like Debra and Charles Lawrence of Shaker Heights, Ohio, tackled the design work themselves. To ensure a professional-looking design on a do-it-yourself budget, "Chuck enrolled in a local kitchen design class, and we dug out years of home improvement magazines for ideas," Debra says.

Like many others, Jeanne and Ted Kozlowski of Brewster, N.Y., emphasized the importance of working with an architect. Even with pros involved, they caution, "you must become well acquainted with all aspects of home improvement" to ensure that you get exactly what you want at the best price.

TRY OUT YOUR TALENTS

Overwhelming numbers of readers tell us that some sweat and blood can keep remodeling from costing an arm and a leg. Many used a contractor for skilled labor, but did the grunt work themselves.

Several neighbors told Amie and Dennis Baker of Cincinnati they had "...way too much dirt" left over from their outdoor project. "So I rented a Bobcat," relates Dennis. "Never been on one in my life. I had a blast! I had the dirt moved around in no time and had all the neighbors jealous."

Often readers learned as they went, consulting how-to books and experts. Cindi and David Rowley of Valencia, Calif., hired a contractor to advise them. "But we did most of the work ourselves." By doing the work themselves, they could afford higher-grade items. Robin and Thomas Crabb of Puyallup, Wash. attribute their success to the support and advice of family and friends.



If You're Not Using Spic And Span,® Your Windows Are Probably On A Losing Strea

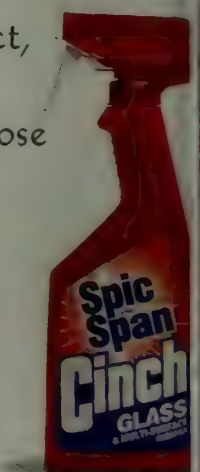




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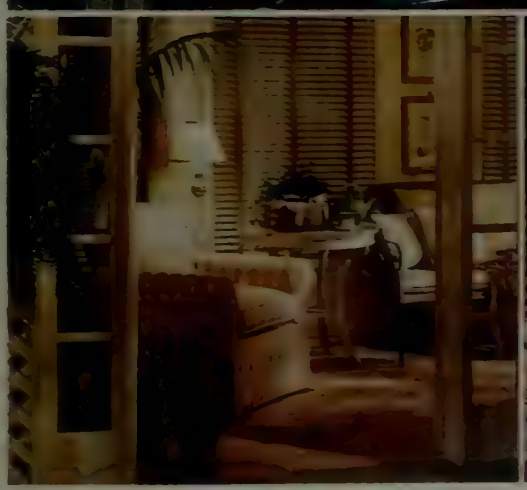
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free-spirit rooms

by Denise L. Caringer, Sandra S. Soria, *and* Rebecca Jerdee









When it comes to decorating, it's getting easier to exercise your right to free expression. Oh, sure, we've always touted doing your own thing with your rooms, but now furniture manufacturers are getting into the act too, offering more variety, more color—more style. Come shop with us in some of our favorite furniture showrooms. Each is filled with big and small ideas—from new room schemes to quick ways to update what you already have—in which you can put your declarations of independence into practice.

confident classics

Think of them as the blue jeans of the design world, and you can see why classic four-posters and camelback sofas, like these by Milling Road, never go out of style. Dress them up in damask, relax them with plaid, or let them play with bold blocks of color. Like faded denims, these American beauties mold themselves to whatever your mood may be.



fantasy island

Like a favorite Carmen Miranda movie, this sassy Thomasville room is cha-cha-chockful of juicy-fruit colors and foreign accents. Staged against anything-but-mellow yellow walls, famous American seating pieces in Bermuda-shorts plaids and sundress florals form a virtual conga line of style to get your spirits up and your imagination dancing.


R
M


1856



new glory

Three cheers for the red, white . . . and new! The shapes of these Lineage pieces may be familiar, but fat and happy stripes (these are a full six inches wide) and picnic-table checks refresh the classic camelback sofa and its companion wing chairs with a bold, modern-day spirit. Instead of a clutter of small accessories, a few gutsier touches—an antique-style clock, a replica horn-tooting weather vane, and a spire-topped birdhouse—evoke the warmth of other times and other places. For fun, the bottle-glass end table docked beside the wing chair and the playful, glass-topped boat moored in front of the sofa sail away on a nautical theme. Even the painted sisal rug points the way to safe harbor—a comfortably relaxed and easy-to-create sitting spot that simply refuses to take itself too seriously.

showing your *spirit*

Ready to turn your ho-hum place into a home of the brave? Show your own stripes with accessories that make you smile—witty folk art, childlike colors or motifs, or family photos that recall happy moments. Then, think big with an oversized sofa for grand comfort, a massive armoire for architectural impact, or a huge poster for drama. Finally, go a little overboard! Float vivid pillows on your sofa or bed, add one unusually artful furniture piece, roll on a bright wall color, or add a character-building wall treatment. Here, new painted paneling suggests the lazy charm of a beach house.







sporty style

Who says you can't live in the living room? Take a cue from Drexel Heritage and start with rich walls for denlike coziness. Then add big comfort with fat seating pieces clad in a snappy fabric to keep the darkness in check. Do a little desk work, if you must, then settle back on the ample sofa and breathe easy. (Hey, even the wild artwork has room to roam within the white-open spaces of these framed mats.)

southern exposure

Imagine the cool breeze from a slowly turning ceiling fan, the refreshing tang of a mint julep, the fragrance of magnolias in bloom.... In a velvety drawl, Lane's porchlike setting speaks of grand comforts and slower times. Want to turn your room into a veranda? Against lattice walls (the real thing or a wall covering), mix awning stripes, rosy florals, and airy metal.



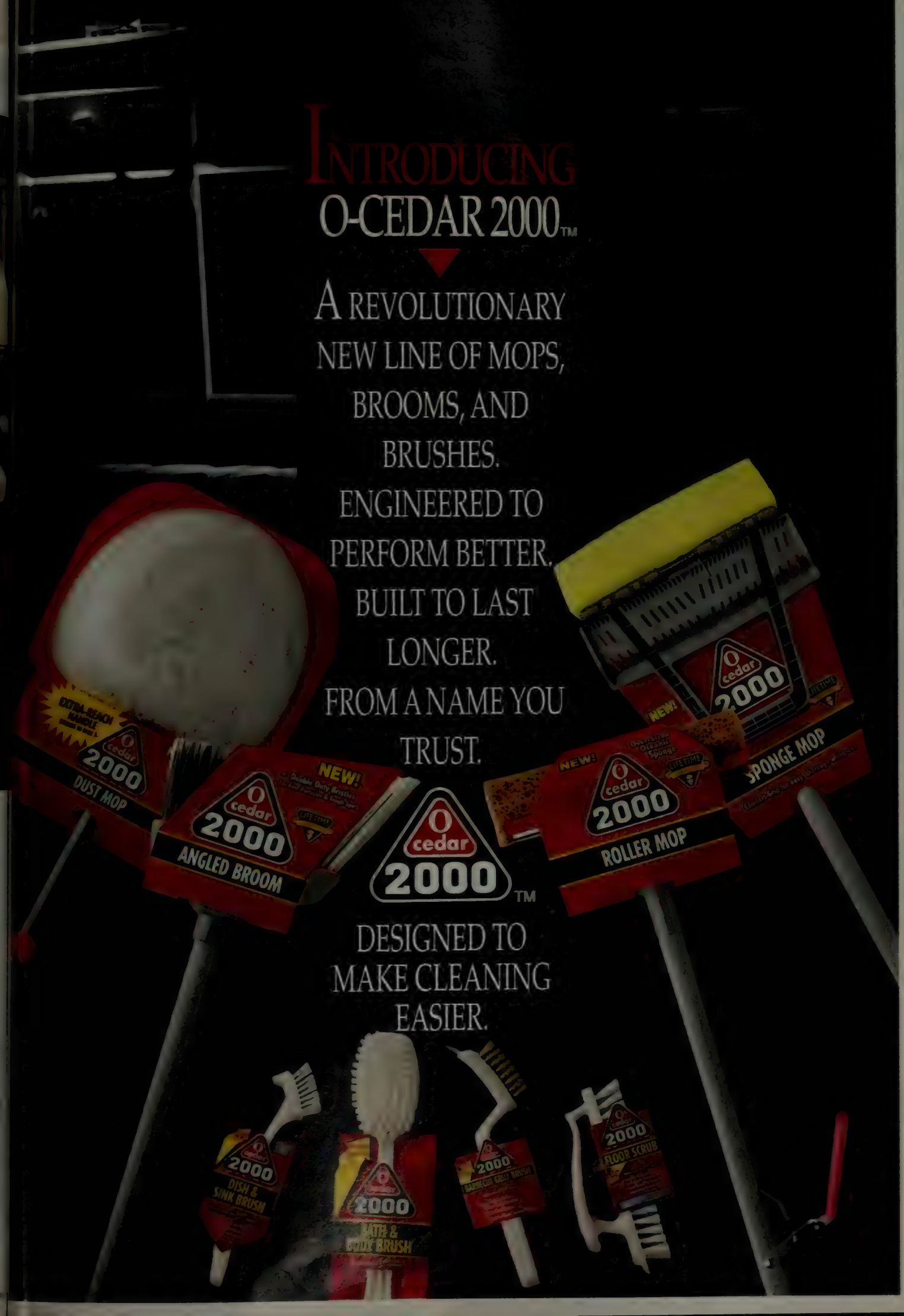
the *right* stuff

The American people are known for their strength of character, so why shouldn't their rooms be? With furniture design this strong, you don't even need a great mantel. In amber waves of maple grain, Ethan Allen's electronics armoire radiates its own warmth—a friendly look enhanced by the "open arms" of two flanking bookcases. No wonder hard-wearing linen and leather seats can't resist gathering 'round.

showing your *spirit*

Decorating in the land of the free may be exciting, but oh such choice! How can you narrow the field to find your own special style? Grab a stack of old and new magazines and start tearing out photos of rooms that you love. Do the same thing by taking photos of settings that appeal to you in your local furniture stores. Once you've gathered a dozen or more illustrations, spread them out and look for what they have in common. You'll soon see that you are drawn to a particular design style, a color scheme or pattern, or a material, such as wicker or pine. In addition, you'll probably find that an attitude, such as casual or romantic, dominates your choices. Be sure to take your "picks" with you when you shop.

Buying information, page 154


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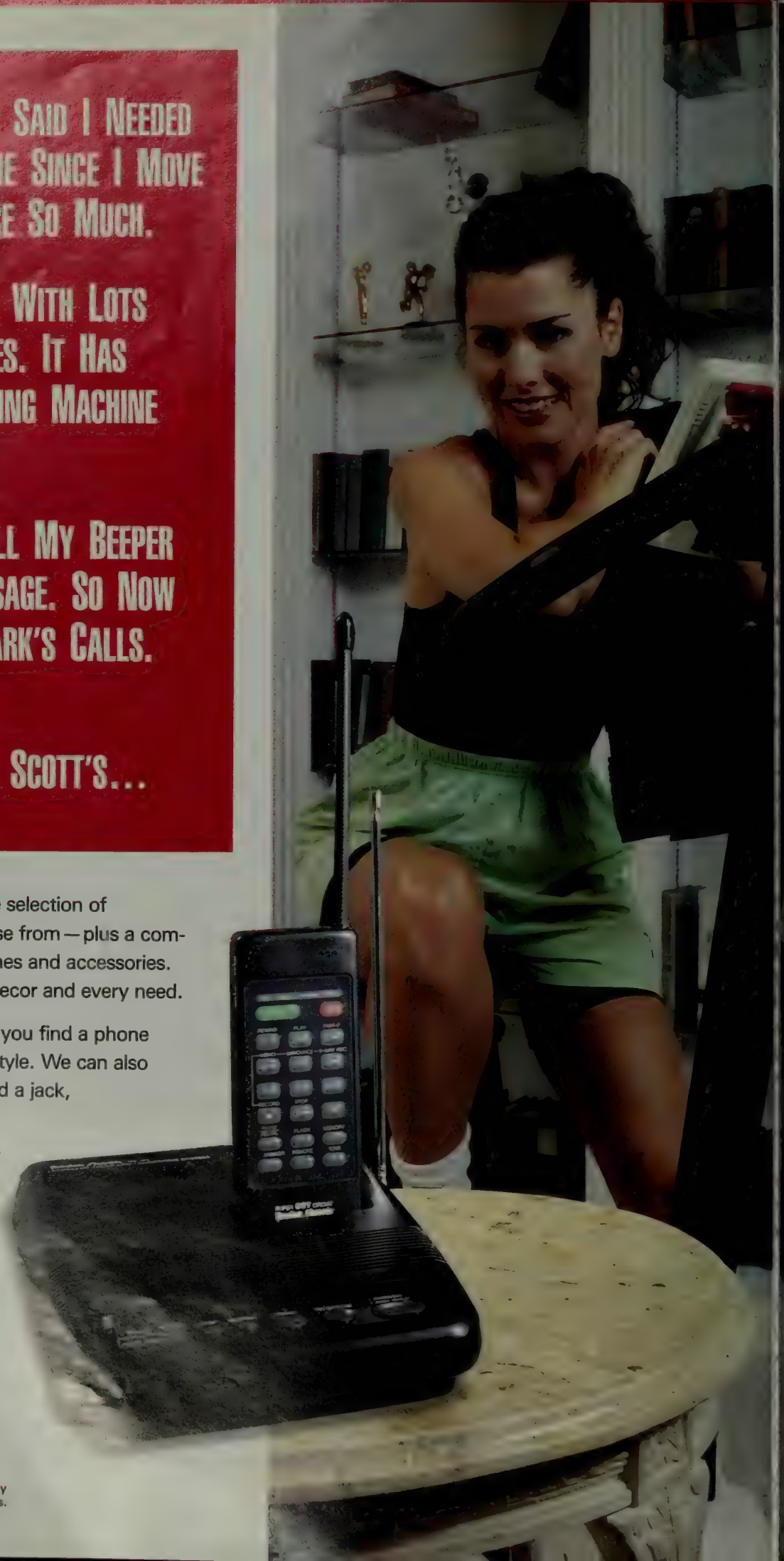
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by David Elrich

Holiday Videos



USE YOUR CAMCORDER LIKE A PRO

Today's point-and-shoot videocameras make recording family holidays and other activities easier than ever—but, to keep your viewers entertained, there still are some tricks to recording and editing.

Think ahead. Charge your batteries (and a spare) before the big event, especially if you'll be traveling to another town. Think about shots in advance: relatives arriving, cookie making, kids bedding down before Santa arrives. Look at last year's videos to get an idea of what to repeat and what to improve. Flip through magazines for a sense of camera angles and good photo ideas. For your first bits of footage on a new cassette, create an opening scene, such as packing your car to head to the family get-together or turning on the tree lights for the first time. Get the family ham to talk to the camera: "We're off to Grandma's for Christmas."

Go easy on the trigger. Nothing will strain a friendship more than forcing folks to sit through tedious, repeated scenes of people opening packages or eating turkey. Tape scenes for only 15-30 seconds at a time—unless something truly dramatic occurs.

Use the zoom carefully. Every camcorder these days has a zoom lens that's easily operated by pressing a switch to bring a subject extremely close—great for facial expressions at gift-opening time—or to offer a wide view. But beware of recording the zooming motion. While the camcorder is in the pause mode, zoom in or out to the desired image, then press record.

Also watch out for excessive zooming, a common error that makes viewers feel as if they are on a rolling ship. To make direct cuts like the pros do, put the camcorder into pause after you tape a scene.

Don't rock and roll. Like excessive zooming, shaky hands also can make viewers queasy. Today's smaller camcorders are easier to carry but more difficult to hold steady. An easy remedy is to use a monopod (about $30) to hold the camera steady. Some models now offer a built-in circuit to smooth out the jerky motion.

Pan professionally. When shooting a roomful of people or an overview of an outside scene, move the camcorder from left to right, slowly and on an even line. This panning technique works especially well with a monopod. For variety, don't be afraid to tape at various camera heights.

Add titles. Most new camcorders offer digital title superimposition, which lets you surprint a title in a variety of colors onto live video action. You draw a title, such as "Christmas 1993," on paper and store the image into the camcorder's memory. When you choose, just press the title button, and the image will appear over the scene being taped, in a color you have chosen. Some models make the process even easier, with plug-in modules, many with music.

Take time to edit. Everyone makes shooting mistakes that would end up on the cutting room floor in Hollywood. Here's where editing comes in. Check the owner's manual for details on the equipment required (at least another VCR) and the step-by-step procedures to dub scenes from the original onto a separate tape. A key device is the Flying Erase Head, a gadget found on most higher-end VHS camcorders and all 8 mm models. This eliminates "rainbows" that show up when tapes are edited. Cuts between edited scenes will be sharp.

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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.

COLLECTOR'S PASSION

Page 101: peach prints, giraffe, wheat, birdcage, basket, picture frames, folding garden chair—Gregory's, 329 Vernon St., Wakefield, MA 01880.

Page 102: large basket—Gregory's (address above).

Page 104: table, chairs, plate rack—Gregory's (address above).

Page 105: lace panels—Laura Ashley, Inc., 1300 MacArthur Blvd., Mahwah, NJ 07430; 800/223-6917. **Silver frames, topiary**—Gregory's (address above). **Duvet cover from sheets**—Ralph Lauren, Stevens Tower, 1185 Avenue of the Americas, New York, NY 10036.

Page 106: birdhouse, rooster, corn candles, picture frame—Gregory's (address above).

HOME IMPROVEMENT CONTEST WINNERS

Pages 110-111: Windows—Marvin Windows & Doors, Box 100, Warroad, MN 56763. **Exterior doors**—Morgan Products, Ltd., P.O. Box 2446, 601 Oregon St., Oshkosh, WI 54903-2446. **Skylights**—Velux-America, Inc. , P.O. Box 5001, Greenwood, SC 29648-5001; 800/283-2831. **Bar stools**—Rutt Custom Kitchens, Rte. 23, Goodville, PA 17528. **Hanging light in den**—George Kovacs Inc., 6725 Otto Rd., Glendale, NY 11385. **Recessed lights**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094.

Pages 112-113: cabinets—Quality Custom Kitchens, Coventry Kitchens, Inc., 490 Lancaster Ave., Frazer, PA 19355; 215/644-2773. **Sinks**—Kohler Co., Kohler, WI 53044. **Faucets**—Grohe America, Inc., 900 Liveley Blvd., Wood Dale, IL 60191. **Cooktop**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109-7202. **Fireplace**—Heat-N-Glo Fireplace Products, 6665 W. Highway 13, Savage, MN 55378. **Pendent lights and recessed lights**—Lightolier (address above).

Pages 114: cabinets—Quality Custom Kitchens, Coventry Kitchens, Inc. (address above). **Desk chair**—Rutt Custom Kitchens (address above). **Window**—Marvin Windows & Doors (address above). **Furniture**—Conran's Habitat, 20-46 Terrytown Rd., 16th Floor, White Plains, NY 10003. **Recessed lights**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094.

Pages 116-117: casement and double-hung windows—Caradco

continued on page 155

entertaining with style



'T is the season to gather friends and loved ones in celebration...are you ready? Ready or not, this special section of party recipes and planning tips will help. We've even included ideas for turning your table—or the whole dining room—into an irresistible gathering spot.

continued on page Z2

Turning the table...



PHOTOGRAPHS: KING AU



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continued on page Z4

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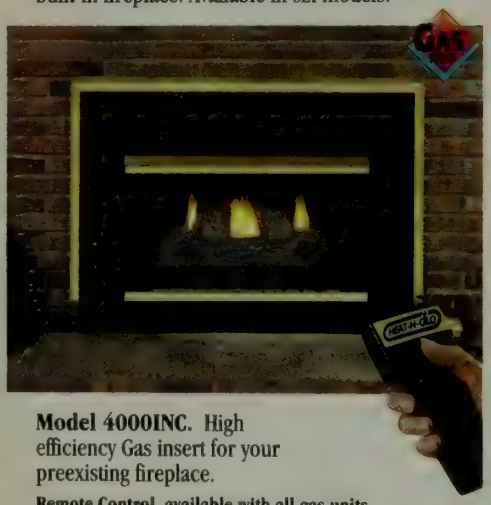
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When you want the mood to be carefree, say so with happy, crayon colors and childlike shapes. For these informal occasions, give your guests the freedom to roam by corralling place settings onto stylish and mobile wooden trays. Spread more cheer by inviting bright and unexpected objects to your table center. Artful painted balls, shapely sea-glass vessels, and vibrant votives mingle here as easily as your guests will. For more interest, mix tableware patterns as you would vary a guest list, making sure the pieces have something in common. A hand-painted quality links this charming glass salad plate with a cottage-friendly dinner plate.



SERVE UP SPRINGTIME STYLE WITH A STACK OF MIX-ABLE, BLOOMING PLATES.

BUYING INFORMATION, PAGE Z12.

continued on page Z6

Get In To Something More Comfortable, Made Out Of Cast Iron



. . . because at Eljer we want your time to be occupied by thoughts of 100% relaxation. Every Eljer enameled cast iron fixture has 80 years of proven durability behind it.

That glass-like mirror finish and sumptuous contemporary color is crafted to shine as brilliantly in ten years as it does the day your contractor installs it.

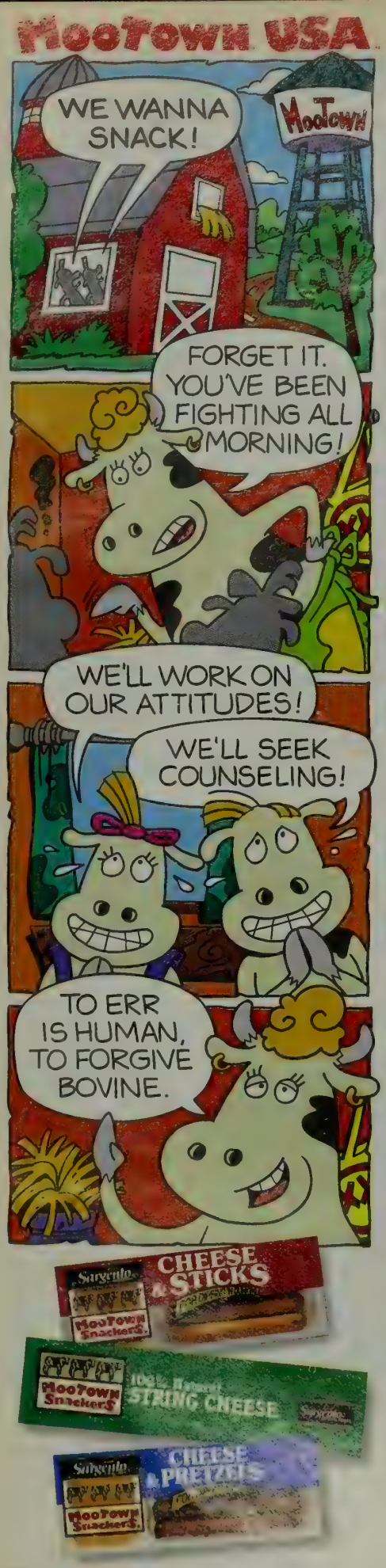
But we recommend that you be an educated consumer. Compare the other manufacturers, from the lightweights to steel. You'll find that for price, customer satisfaction and nearly flawless quality, an Eljer cast iron product is always the perfect "*fit*" for any occasion.

Call 1 - 800 4 ELJER 2 (435-5372) for the name of the plumbingware dealer who carries the complete line of Eljer products.

Eljer

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Eljer, 17120 Dallas Parkway, Suite 205, Dallas, Texas 75248, 1-800-4-ELJER-2. In Canada, 5400 Ambler Drive, Unit 4, Mississauga, Ontario, Canada L4W2N3





ONE FUN-LOVING PIECE WILL LOOSEN A ROOM'S TIES TO FORMALITY. THE NANTUCKET BAR FROM LINEAGE BRINGS CAPE COD ARCHITECTURE DOWN TO SIZE FOR SERVING LIQUOR OR STASHING TABLEWARE.

Dining 'Lite'

Families aren't conducting themselves formally these days, so why should our dining rooms live stiffly in the past? Instead, put your guests at ease with relaxing furnishings that mind their company manners—but with a surprising lack of pretense.



HIGH SHEEN WOODS AND FINE CHINA AREN'T THE ONLY WAY TO SAY GRACE. FROM DREXEL, A TABLETOP THAT MIMICS WEATHERED TERRAZZO AND MELLOW WOODS GIVE EVEN NEW SPACES OLD-WORLD STYLE.

BUYING INFORMATION, PAGE 212.

continued on page Z8

ALL LUXURY

4-WHEEL DRIVES

COME WITH CONVENIENT

SWING OUT DOORS.

SOME ARE JUST HARDER TO OPEN.



The 1993 Isuzu Trooper

The not-so-convenient competition

Is it us or are doors supposed to open like—well, doors? French doors, kitchen doors, the rear doors on the Isuzu Trooper? Grab-with-one-hand-and-open-easily doors that give you quick access to split folding rear seats and over 90 cubic feet of cargo space. Still, no other luxury four-wheel drive offers the convenience of 70/30 split doors. Hmm, guess it is just us after all.*



(800) 726-2700.

ISUZU

Practically/Amazing

*Optional on 5 model. Always wear a seat belt. And please, treat the environment with respect. ©1993 American Isuzu Motors Inc.

Party-Perfect Cheeses



SCOTT LITTLE

1. Vermont Cheddar
Made in Vermont, this yellow cheddar is known for its sharp, distinctive flavor. Pair it with warm French bread for snacking.

2. Chèvre (shev)
Depending on the variety, this goat's milk cheese varies from soft and mild-flavored to semi-firm and intensely flavored.

3. Cheddar
The most popular cheese in America, cheddar usually comes in mild, medium, and sharp varieties. Slice and serve for appetizer sandwiches or crackers.

4. Gjetost (YED-ost)
Expect a sweet, caramelized flavor from this firm-textured Norwegian cheese. Top brown bread or rye crackers with gjetost.

5. Edam (EE-dam)
Edam's mild, nutty flavor makes it a great appetizer or dessert cheese. It usually comes coated with red paraffin and shaped in a flattened ball.

6. Brie (bree)
A soft, thin, edible rind encases this creamy, rich- cheese. Slice Brie or warm it slightly and spread on bread or apples.

continued on page 210

7. Stilton
Known as the king of the blue-veined cheeses, Stilton has a piquant flavor and a crumbly texture. Serve as an appetizer or dessert cheese.

8. Jarlsberg (YARLS-berg)
Similar to Swiss cheese, Jarlsberg has a firm texture with small holes. Shave into thin slices and enjoy with pear wedges or deli meats.

9. Smoked Gouda
When smoked, this mild, yellow, Dutch cheese pairs well with salami and other deli meats. Or, add it to a cheese and fruit platter.

THE JENN-AIR RANGE MAKES A GREAT LEMON SOUFFLÉ, GRILLED MAHI-MAHI, BEEF WELLINGTON AND FIRST IMPRESSION.



Jenn-Air S156 Shown With Optional A105 Cartridge

Star Anise

Sage

Jenn-Air now brings you a range that looks as great as it cooks. This is the one range you'll find that lets you cook whatever you want, the way you want. Because with just the turn of a dial the Jenn-Air S156 gives you the choice of radiant or convection cooking (which means heated air is circulated for faster, even cooking).

And, in addition to its electric grill, this range also comes with a versatile cooktop system, so you can add the number of burners and design the style of cooking surface you want.

Plus, the Jenn-Air range's sleek, streamlined exterior has been designed to be just as appetizing as the food that comes out of it. The Jenn-Air range. One of the most important ingredients to any great kitchen.

For a brochure showing the Jenn-Air line and the name of your nearest dealer call 1-800-JENN-AIR.

Persimmon

Thai Pepper

Black Currant

JENN-AIR

THE SIGN OF A GREAT COOK™.

© 1992 Jenn-Air Company



Party planning made easy

- Several weeks ahead, make a list of everything that needs to be done for your party and create a timetable to spread out the tasks.
- Choose your menu as early as possible, so you can cook ahead. Keep the menu manageable by choosing a few "star" recipes and filling in with simpler recipes or purchased foods.
- For inexpensive serving and clean-up help, hire neighborhood high school or college students.
- Guests often offer to bring an appetizer or beverage; you can save money and time by accepting.
- Round up serving dishes and glassware several days ahead. If necessary, rent extra serving pieces, glasses, tablecloths, and napkins.
- Make sure you have plenty of refrigerator space for food and beverages. If needed, use coolers with ice for extra cooling space.
- Ask a friend or relative to tend bar so you are free to mingle with your guests. For casual affairs, set up a self-serve beverage table or bar.



Three Dog Night

The story goes that the weather in Alaska was measured by the number of sled dogs a person had to sleep beside to stay warm. A "three dog night" was bitterly cold. Now, in the tradition of the Alaskan igloo comes Dogloo, a doghouse designed to keep your pet warm, dry and comfortable during the coldest, wet winter months.

Dogloo is unlike old style doghouses and cheap plastic imitations. Its unique igloo design and heavy-duty, nontoxic nitrogen insulation efficiently retains natural body heat, keeping dogs warmer during cold weather and cooler in the summertime.

So let your dog, and perhaps a couple of your pet's canine friends, watch the winter storms from the protection of a Dogloo. Buy one today at your favorite pet center. Available in various sizes for dogs up to [illegible] pounds.

DOGLOO

Made in the USA

[illegible] 279-9501

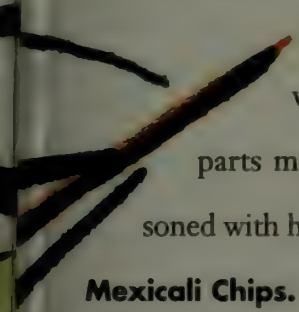
© 1993 Dogloo Inc.



Last-minute appetizer ideas

Quick Pizza. Top a 6-inch Boboli bread shell with soft-style cream cheese; top with sautéed vegetables, sliced red onions, and snipped fresh herbs. Sprinkle on crumbled blue cheese. Bake till heated through.

Fruit and Dip. Thread fruits such as pineapple chunks, apple wedges, pear slices, and orange sections onto wooden skewers. Serve with a curry dip made from equal parts mayonnaise and sour cream, seasoned with honey mustard and curry powder.



Mexicali Chips. Cook ground beef seasoned with ground cumin till brown; drain off fat. Stir in enough salsa to moisten, along with sliced ripe olives and snipped cilantro. Serve with tortilla chips.

Chicken Bagels. Split mini bagels in half and toast. Top with your favorite chicken salad and sprinkle with finely chopped red onion. Top each bagel half with a thin apple wedge or toasted sliced almonds.

Beef Stars. With a 2-inch star cookie cutter, cut thinly sliced rye bread into star shapes. Spread with horseradish mustard; top with thinly sliced roast beef (from the deli) and drained capers.

Cranberry Cider. Mix equal parts cranberry juice cocktail and apple cider. Heat through. Serve in mugs with cinnamon sticks.

continued on page Z12

Where to find the coolest software for kids



IN CLUB KIDSOFT AT HALF OFF
on a subscription to the first-ever software mag for kids 4 to 12. Four oversized issues. Chock full of games, jokes, activities and rave reviews. Plus a complete catalog of easy-to-order, kid-and-parent-tested software titles. Now $9.95! (regularly $19.95.)

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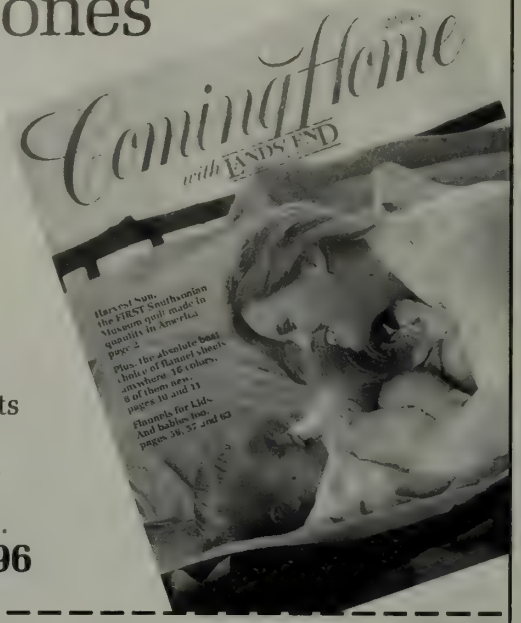
Kathryn Webers, Mexico, NY

Kathryn is just one of the many customers who wrote to tell us how much they like our fitted sheet with 12-inch pockets and elastic all around.

She found out our famous Sheet That Fits not only fits standard mattresses better, it fits the fat new ones too.

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SPECIAL SECTION



SETTING THE HOLIDAY TABLE

The Golden Rule* of table-setting etiquette never goes out of style. But, dare to be a little different when setting this year's holiday dinner table:

- Braid holiday ribbons (use different colors, patterns, and widths) to tie around knives, forks, and spoons before placing them on oversize charger plates.
- Corral individual flatware and a cloth napkin together with a decorative napkin ring. These bundles work especially well for buffet serving.
- For a children's table, create napkin rings from playful Christmas ornaments (the kind with string for hanging).
- At each place setting, tuck flatware into a miniature Christmas stocking. You can buy the mini stockings or make them from scraps of felt and glue.
- Buy enough sets of colorful, child-size mittens for your number of dinner guests. Tuck the flatware into one mitten and a cloth or paper napkin into the other mitten. Later, donate all the mittens to charity.

(* The Golden Rule is forks on the left, knife and spoons on the right. The dessert fork or spoon can be placed at the top of the plate.)

Buying Guide

Most of the products shown in this Special Section can be obtained locally. For more information, write the manufacturers listed below.

TURNING THE TABLE

Pages Z2: table design—Nancy Wall Hopkins. **Vase and dome**—Mackenzie-Childs, Ltd., 3260 State Route 90, Aurora, NY 13026. **Compote,** "DuMaurier"—Oneida Ltd., Oneida, NY 13421-2829. **Table runner, napkins**—Ann Gish, 3533 Old Conejo Rd., no. 105, Newbury Park, CA 91320. **China roosters**— Lenox China & Crystal, 802 Silvia St., West Trenton, NJ 08628. **Flutes**—Villeroy & Boch Creations, 972 Madison Ave., New York, NY 10021. **Square glass plate**—Annieglass, Box 8445, Santa Cruz, CA 95061-08445. **Salad plate,** "Andalusia"— Sasaki, 41 Madison Ave., New York, NY 10010. **Flatware,** "Golden Era"—Oneida Ltd. (address above). **Porcelain fruit**—Katherine Houston Porcelain, at fine stores.

Page Z4: table design—Nancy Wall Hopkins. **Serving trays**—Crate & Barrel, P.O. Box 9059, Wheeling, IL 60090-9059. **Blue charger, floral dinner plate,** Gien "Volupte"— Baccarat, Inc., 212/696-1440. **Glassware, salad plates**—"Tulip" Kosta Boda, 140 Bradford Dr., Berlin, NJ 08009. **Wooden balls; white napkins; cobalt, yellow, and orange vases; flatware**—Pottery Barn; 800/541-2233.

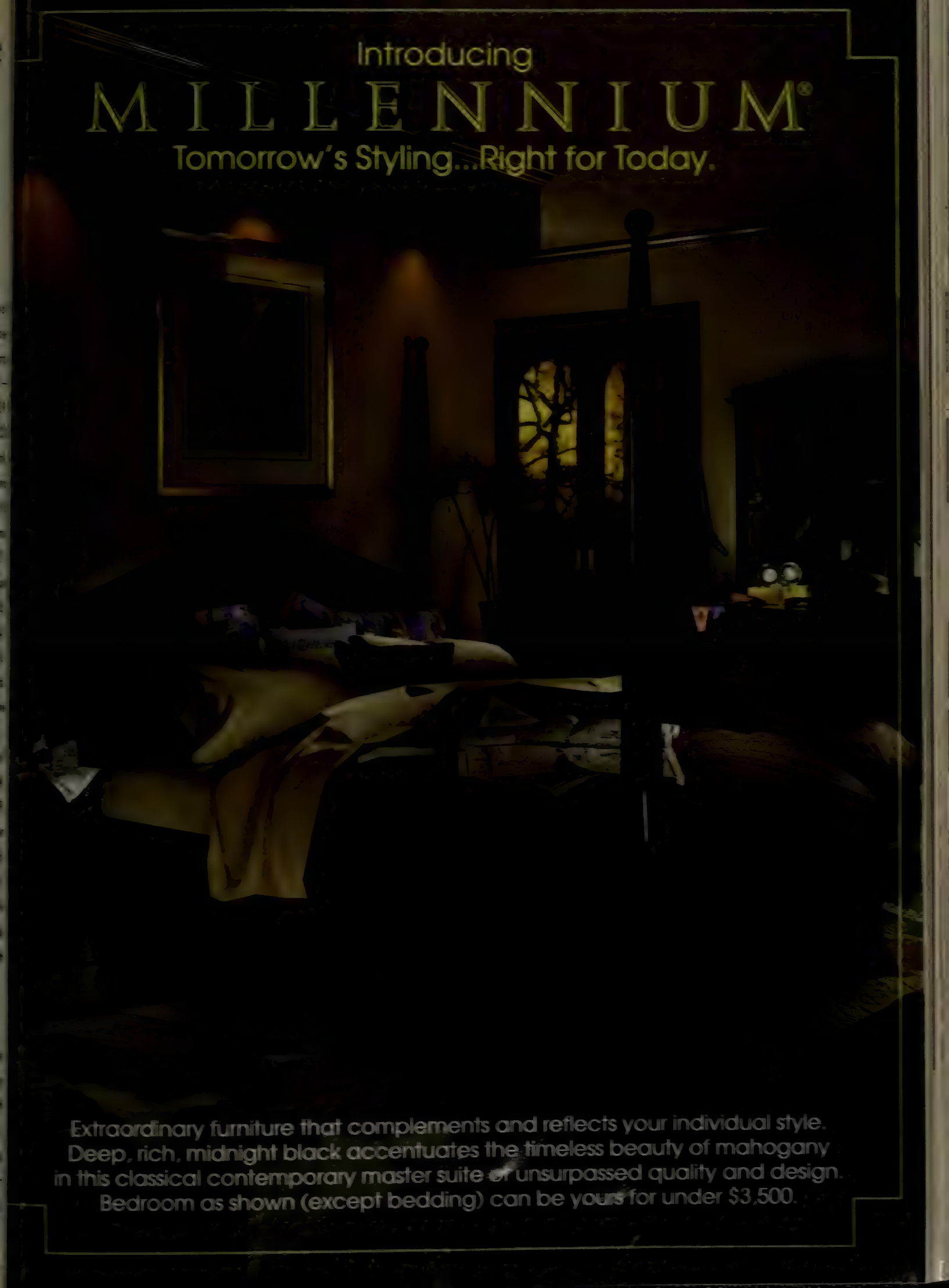
DECORATING 'LITE'

Page Z6 *(top)*: house bar, "Nantucket Bar"—from the American Tapestry Collection, Lineage Home Furnishings, High Point, NC 27265; 800/440-HOME. ***(Bottom)*: all furnishings and accessories,** from "The European Themes Collection"—Drexel Heritage Home Furnishings, Drexel, NC 28619.

Introducing

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Extraordinary furniture that complements and reflects your individual style. Deep, rich, midnight black accentuates the timeless beauty of mahogany in this classical contemporary master suite of unsurpassed quality and design. Bedroom as shown (except bedding) can be yours for under $3,500.

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Do you dream of stylish, premium quality furniture? Do you love beautiful high-gloss finishes in a palette of fashionable colors and natural wood graining? Do you need durable surfaces that will withstand years of hard use? Then Millennium® is for you. After a decade of research and development, the Ashley Companies, America's leader in contemporary furniture, bring you the best of this genre, in Millennium®.

And Millennium® offers this exclusive European style in a price range nea all can afford without compromise

Millennium® has a broad selection exciting bedroom, dining room and accent furniture from which to cho with sizes and prices to fit nearly an taste or budget. Millennium®, tomo furniture for the home of today.







MILLENNIUM® PREMIUM POLYESTER™
The Superior Finish

Premium Polyester™ possesses exceptional qualities. Unlike lacquer finishes that are prevalent in furniture today, Premium Polyester™ is deep, highly reflective and defect-free. Rivaling the hardness of glass, it provides exceptional durability and protection.

We tested ignited lighter fluid on a Millennium® table top. There was no damage. We tested nail polish remover on Millennium® and it had no affect. When the same test was performed on a lacquer top, severe damage resulted.

Water, heat and sunlight will damage lacquer, while these have no affect on Premium Polyester™, formulated and applied so simple care will keep it showroom new. Premium Polyester™ is a technological breakthrough for today's furniture and is your assurance of the highest standard of quality at any price.



nium® dining room in
ght black and rare
koa-wood veneer.
and six chairs, under
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r $2,500.

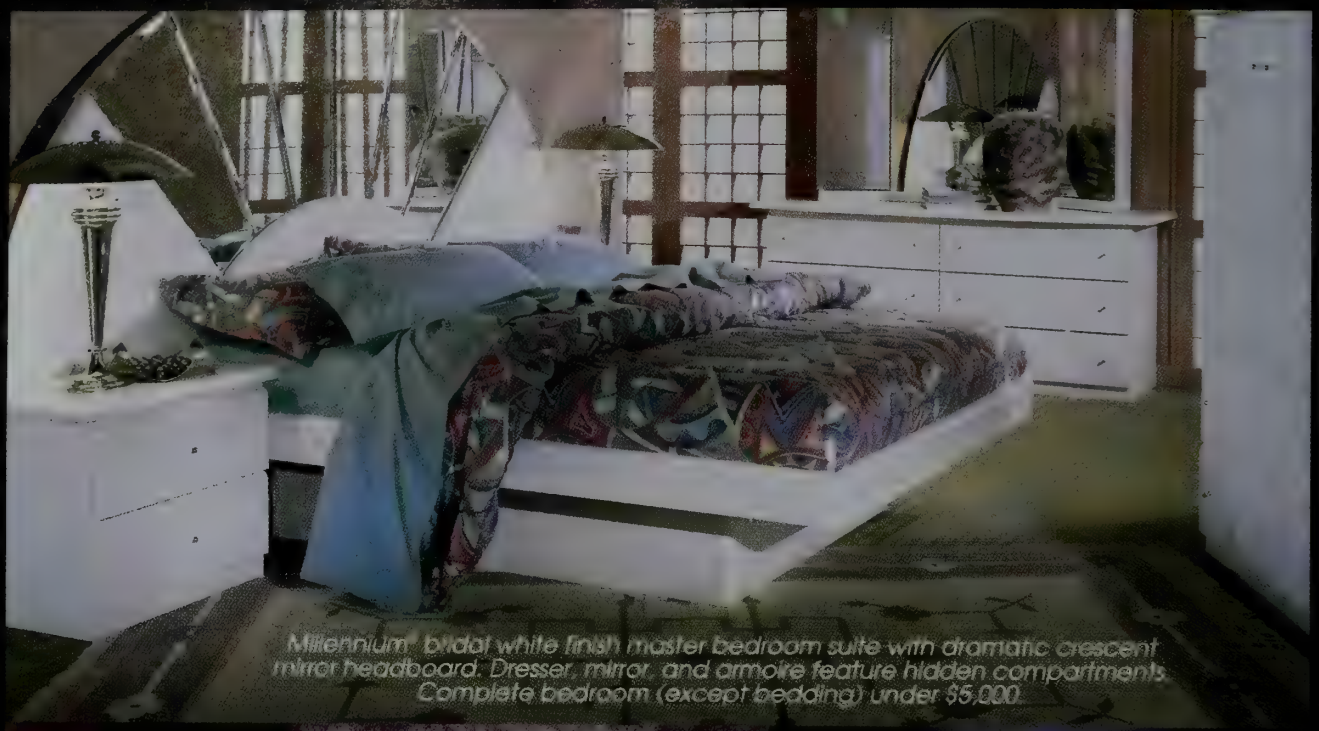
MILLENNIUM®
The Defining Edge

The edges of Millennium® are not only beautiful and durable, they are the defining difference of our outstanding quality. Most high gloss furniture is edged with paper, plastic or wood components which are glued or pressure fitted. Spilled liquids, heat, humidity and even the opening of a door can cause these to loosen and separate.

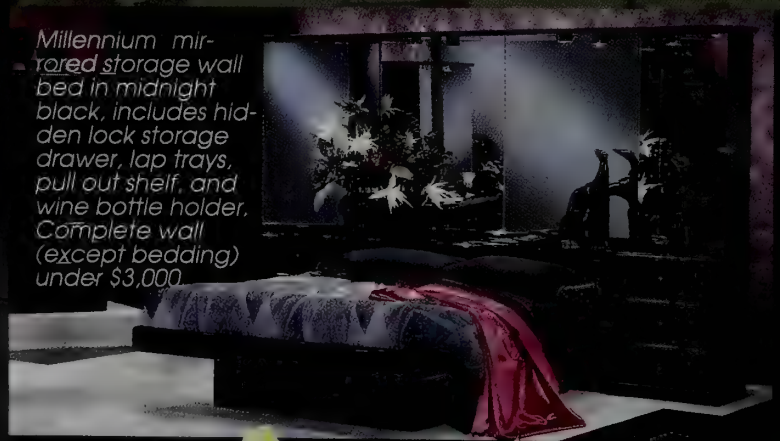
The Millennium® edge is vastly superior, because it is chemically and structurally bonded to surface and top. Its smooth, reflective beauty will not be compromised by any of these household occurrences. The Millennium® edge is without question the best in the world.

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Millennium mirrored storage wall bed in midnight black, includes hidden lock storage drawer, lap trays, pull out shelf, and wine bottle holder. Complete wall (except bedding) under $3,000.



Millennium® European style profile storage bed in ebony with pair of lingerie chests, under



Millennium® contemporary curios with touch sensitive halogen light, under $1,200.

For your local dealer and free color brochures showing our Millennium® collection, please call toll free

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Mfr's sugg. retail prices effective to 12/31/93. Prices may vary at individual dealers and do not include state or local taxes where applicable. Some pieces shown may not be available at all dealers. Furniture may be special ordered.

THE ASHLEY COMPANIES

Or[illegible] Wisconsin 54612

[illegible]rniture Industries, Inc.

Buying Guide

continued from page 154

ompany, 201 Evans Dr., P.O. Box 920, antoul, IL 61866. **Roof windows**—Velux-merica, Inc., P.O. Box 5001, reenwood, SC 29648-5001; 800/283-831. **French doors**—Georgia-Pacific orp., 133 Peachtree St., NE, Atlanta, GA 0303; 800/447-2882. **Paint**—Sherwin-illiams; for further information regarding aints or stains used in this project, contact our local Sherwin-Williams dealer.

ages 118-119 *(left)*: dining chairs and ar stools—The Door Store, 1303 NW. 8th Ave., Miami, FL 33126. **Scale, Chantry"; green-handled flatware, LePrix"**—THE GOOD LIFE, 1170 Third ., S, Ste. B-105, Naples, FL 33940. **itcher, "Colony Glass"**—Lancaster Colony orp., Box 630, Columbus, OH 43216; 00/292-7260. **Blue tumblers**—Dansk nternational Designs Ltd., Attn: Consumer elations, Radio Circle Rd., Mount Kisco, NY 10549 . **Cabinets**—Mill's Pride, 432 Hopewell Rd., Waverly, OH 45690. **Major ppliances**—Kenmore; for information on major appliances, contact your nearest Sears Brand Central. **Laminate counter-ops**—Wilsonart, 600 General Bruce Dr., Temple, TX 76504. **Bowl on counter**—Gills Rock Stoneware, 365 13th Ave., S, Naples, FL 33940. **Ceiling fan**—Hampton Bay, P.O. Box 723775, Atlanta, GA 30339.

Pages 120 *(top)*: ceiling fan—Hampton Bay, P.O. Box 723775, Atlanta, GA 30339. **Yellow lamp**—Sears Roebuck & Co., Sears Tower, 233 S. Wacker Dr., Chicago, IL 60684. **Roof windows**—Velux-America, Inc. (address above). **Throw rug**—Seret & Sons, 149 E. Alameda, Santa Fe, NM 87501. ***(Bottom)*: model ship on shelf, lamp with green shade**—Horse of a Different Color, 355 13th Ave., S, Naples, FL 33940.

Pages 122-123: cabinets, "Stratford"—Rutt Kitchen Cabinets (address above). **Countertops along walls**—Formica Corp., 10155 Reading Rd., Cincinnati, OH 45241. **Ovens**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Sink**—Elier Ind., P.O. Box 879001, Dallas, TX 75287-9001;

continued on page 156





Wondering what to give this holiday season?

Santa recommends...

the 35mm Kodak Cameo motordrive camera!



Taking terrific pictures was never such a snap:

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The Kodak Cameo camera... for holiday moments to remember.

Kodak

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Buying Guide

continued from page 155

800/435-5372. **Pendant lighting fixtures above island**—Classic Illumination Inc., 2743 Ninth St., Berkeley, CA 94710. **Cooktop,** "Architect's Series"—KitchenAid, 2000 M-63, N, Benton Harbor, MI 49022. **Hand-painted mural on ceramic tile**—Versatile, 215 Adams St., Bedford Hills, NY 10507. **Page 128: casement windows,** "Architect's Series"—Pella Windows & Doors, 102 Main St., Pella, IA 50219. **Chandelier, sconce above window seat**—The American Glass Light Co., 49 W. 27th St., New York, NY 10001. **Swing-arm light fixtures**—Nessen Lighting, 420 Railway Way, Maramaroneck, NY 10543. **Page 130: shower basin,** "Whitecaps"; **shower enclosure,** "Neo Angle"; **shower spout and fittings,** "IV Georges"; **whirlpool tub,** "Tea for Two"; **tub faucet and fittings,** "IV Georges"—Kohler Co. (address above). **Brass bench**—Koch Originals, Inc., P.O. Box 3436, Evansville, IN 47733; 800/457-3757. **Page 132: countertop and integral vanity bowl**—DuPont Corian, Chestnut Run Plaza, P.O. Box 80702, Wilmington, DE 19880-0702. **Faucet for vanity bowl,** "IV Georges"—Kohler Co., Kohler, WI 53044. **Cabinet pulls**—Baldwin Hardware Corp., 841 E. Wyomissing Blvd., P.O. Box 15048, Reading, PA 19612-5048.



FREE-SPIRIT ROOMS

Page 142: all furnishings—Thomasville Home Furnishings, P.O. Box 339, Thomasville, NC. 27360; 800/225-0265. **Page 143: all furnishings**—Milling Road, Div. of Baker Furniture, 329 N. Hamilton St., High Point, NC 27260. **Pages 144-145: all furnishings,** "Moriah Inn Collection"—Lineage Home Furnishing Inc., 400 Lineage Ct., P.O. Box 11188, High Point, NC 27265; 800/440-HOME. **Page 146: all furnishings**—The Lane Company, P.O. Box 151, Altavista, VA 24517-0151. **Page 147: all furnishings**—Drexel Heritage Home Furnishings, 101 N. Main St., Drexel, NC 28619. **Page 148: all furnishings**—Ethan Allen Inc., Ethan Allen Dr., Danbury, CT 06813.

COUNTDOWN TO THE HOLIDAYS

Page 159: 3-D Paper Trees—Tulip paint available at arts and crafts stores. **Paper punch**—Marvey Uchida paper punches available at crafts stores nationwide. **Page 160: Heart and Star Shirt**—Tulip paint available at arts and crafts stores. **Button Covers Buttons,** black and gold, silver and blue—JHB International available from fabric and crafts stores. **Grape Charms**—Creative Beginnings, 475 Morro Bay Blvd., Morro Bay , CA 93442; 800/367-1739. **Teapot Buttons**—Mary Engelbreit designs available from Daisy Kingdom, Inc.; 800/234-6688. **Button Cover and Jewelry Findings**—JHB International available from fabric and crafts stores. **Dinnerware,** "Cupola Strada"—Rosenthal USA, Ltd.,

60-26 Metropolitan Ave., Middle Village, NY 11379; 718/417-3400. **Flatware, "Windows"**—for further information call Saski; 212/686-5080. **Black stem cocktail glass, "Domino"**—by Luminarc from Durand International; 609/825-5620 or 800/334-5014. **Wine glass, "Cupola"**—Rosenthal USA, Ltd. (address above).

Page 162: bottles—Pier 1 Imports; call 800/447-4371 for the store nearest you. **Metal filigree**—Wang's International filigree available in arts and crafts stores or call Craft Catalog 800/777-1442. **Ribbon roses**—Offray ribbon roses available at fabric and crafts stores.

Page 169: dinnerware, "Bandana"—Fitz and Floyd, for the store nearest you contact Fitz and Floyd Consumer Relations; 800/527-5211.

Page 170: garden tools, gloves—Botanic Gardens, 225 Fifth Ave., New York, NY 10010; 212/679-6015.

PRIZE TESTED RECIPES®

Page 252 *(right)*: fork, "Windows"—Sasaki, 41 Madison Ave., New York, NY 10010.

Page 251 *(left)*: bowls—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062. **Fork, "Linear"**—Yamazaki Tableware Inc., 150 North St., Teterboro, NJ 07608.

Architects & Designers

COLLECTOR'S PASSION

Pages 101-106: Interior Design—Greg and Maggie O'Brien, 329 Vernon St., Wakefield, MA 01880.

HOME IMPROVEMENT CONTEST WINNERS

Pages 109-114: Architect—Solutions, Inc. Architects, 828 Old Lancaster Rd., Berwyn, PA 19312. **Project architect**—Judy Chang Wenderoth, Solutions, Inc. Architects (address above).

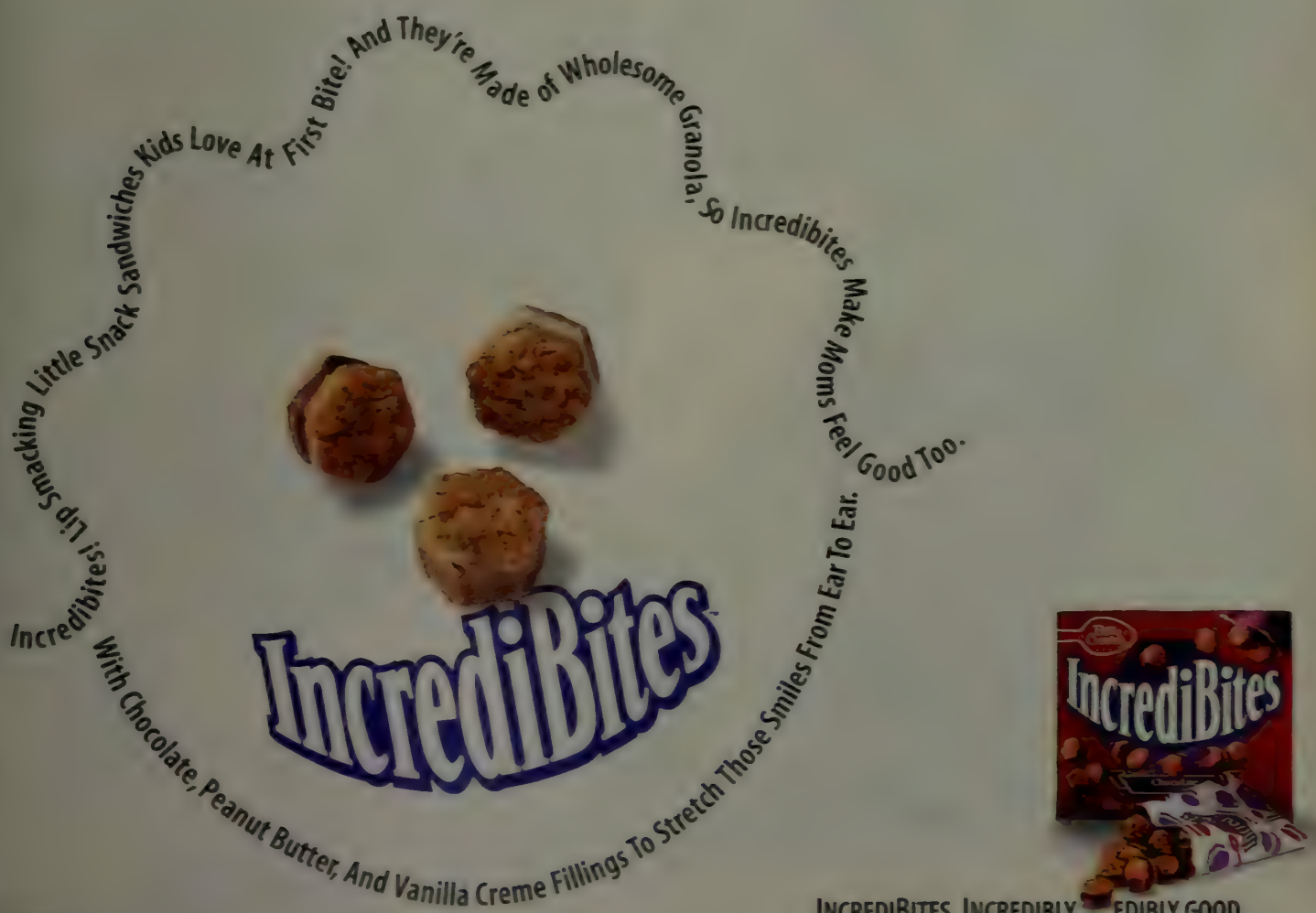
Pages 116-120: Designer—Richard Foht, 660 Eighth Ave., S, Naples, FL 33940.

Pages 122-123, 128: Architect—Motzkin Blum Architects, 75 Carleon Ave., Larchmont, NY 10538, Diane Blum, partner in charge. **Contractor**—Larry Kendall, President, ACI General Contracting, Inc., 4406 Martha Ave., Yonkers, NY 10704.

Pages 130-132: Architect—Jack Fay, 7999 Mayfield Rd., Chesterland, OH 44026. **Contractor**—Donald O'Donnell Construction Co., 503 E. 200th St., Euclid, OH 44119.

COUNTDOWN TO THE HOLIDAYS

Page 159-170: 3-D Paper Trees—Dinah Lockhart. **Heart and Star Shirt and Earrings**—Patrick Lose. **Quick and Easy Button Covers, Christmas Ball Place Card, Decorated Bottles**—Jilann Severson. **Scrap Pile Dogs, Redwood Planter**—Francis Carr. **Snowman Wall Hanging**—Margaret Sindelar. **Scottie Napkin Holder and Place Mat**—Francis Carr, Margaret Sindelar. **Decoupage Light-Switch Covers**—Abby Ruoff. **Snowmen Centerpiece**—Jerry Brown, Jilann Severson.



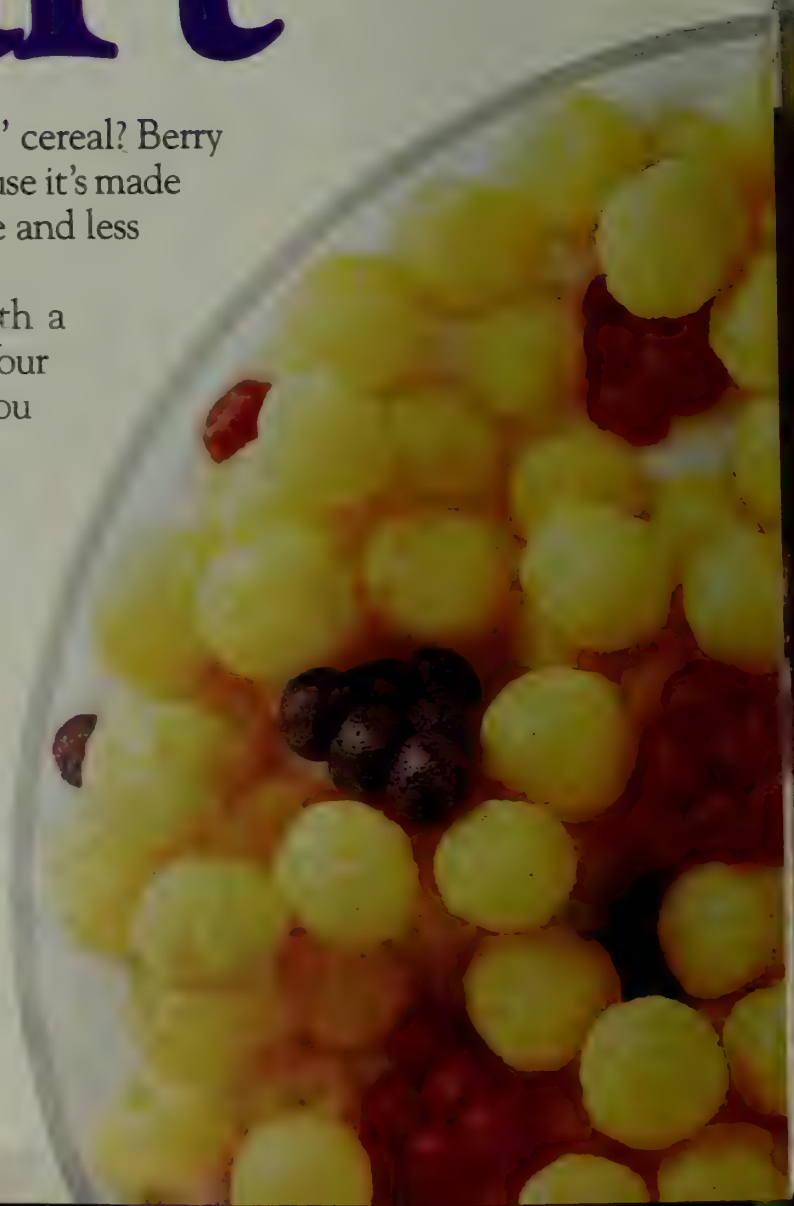
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Berry Berry Smart

Looking for a good, wholesome kids' cereal? Berry Berry Kix® is a wise choice. That's because it's made with natural fruit flavors, real fruit juice and less sugar than most kids' cereals.

And it's got a fun, fruity flavor with a crisp, corn crunch. Berry Berry Kix. Your kids will think it's very good, while you know it's very smart.





When your kids say Please, you'll gladly say Okay.

Real Fruit Juice
Say OK
Natural Fruit Flavor

Countdown *to the* Holidays

by Jilann Severson

Gather the kids and unholster the glue guns. It's time to start holiday crafting. We've rounded up a family of projects ranging from last-minute gifts to quick and easy table settings. All skill levels and a host of techniques—sewing, painting, woodworking, paper crafts, and more—guarantee the perfect projects for everyone in your home.



3-D PAPER TREES

That grade-school skill you learned long ago comes back to life better than ever. Dimensional paints, star- and tree-shaped paper punches, and decorative papers give these humble pines an upscale look.

Instructions begin on page 172.

BH&G KIDS

Countdown *to the* Holidays



HEART AND STAR SHIRT AND EARRINGS

Be the star of the season in this quick-to-do shirt. Shape the matching earrings from bakable modeling clay.

Instructions begin on page 172.

QUICK AND EASY BUTTON COVERS

Who's got the button? Everyone on your gift-giving list. With pliers or snippers, remove the backs from shank-style buttons. Glue button covers or earring backs in place with industrial-strength glue such as E-6000. Elegant charms, like the grapes shown here, can take the place of the buttons. Look to crafts and fabrics stores for all the supplies.

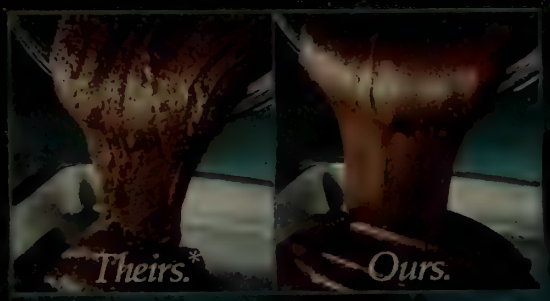
Instructions begin on page 172.

continued on page 162

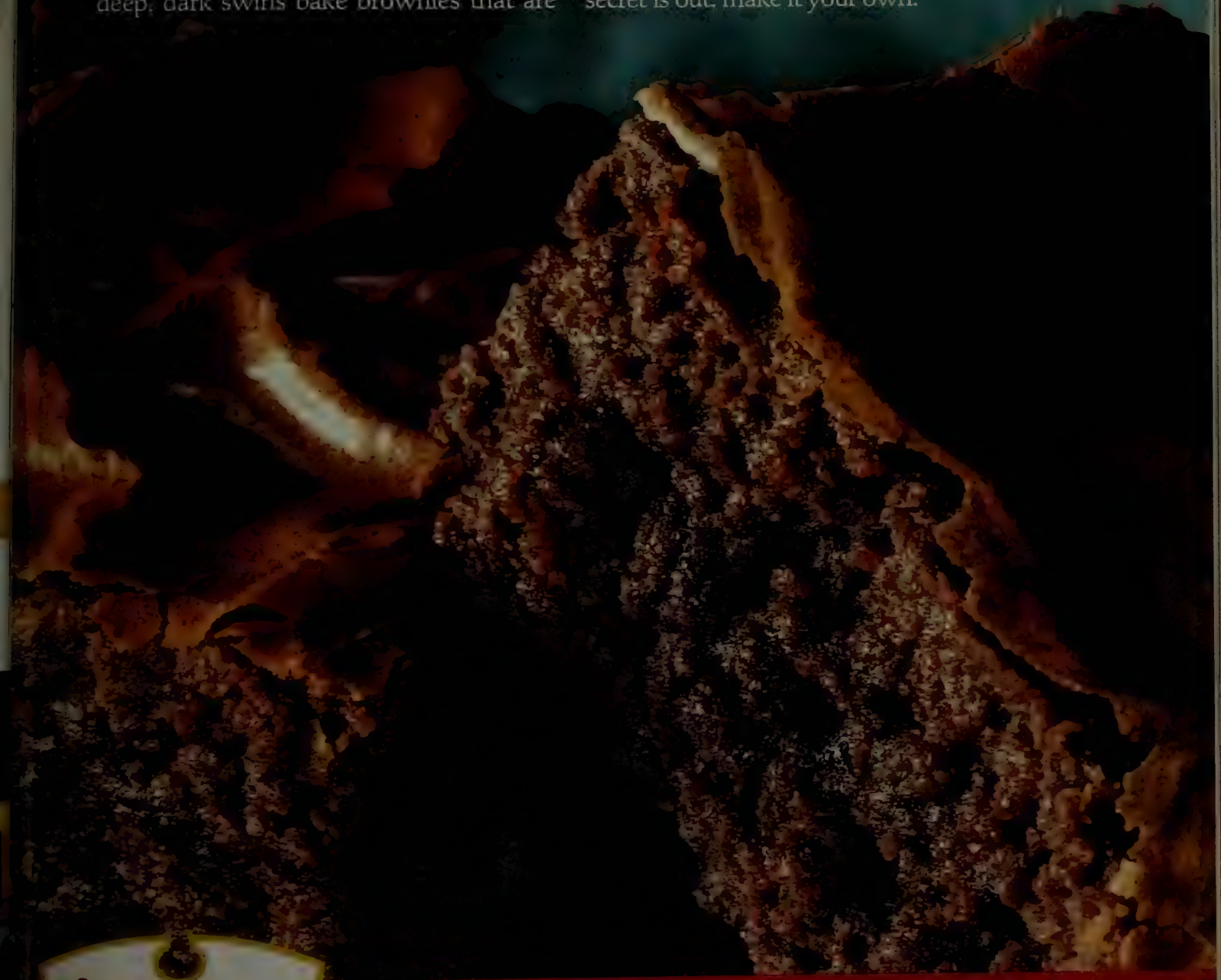
CHRISTMAS BALL PLACE CARD

Bring each guest to the table with personalized ornaments that double as place cards. Write on plain glass balls with permanent markers, then nestle the balls in stemware or beside each plate. Complete the tannenbaum look with wrapped packages as a centerpiece and garlands entwined between the plates.

The deep, dark secret behind incredibly moist, fudgy brownies.



It's right there for you to see when you stir Duncan Hines fudge brownie batter. The creamiest batter of any leading mix. Those deep, dark swirls bake brownies that are incredibly moist, incredibly fudgy, incredibly mouth-watering. Able to satisfy even an incredible chocolate craving. Now that our secret is out, make it your own.

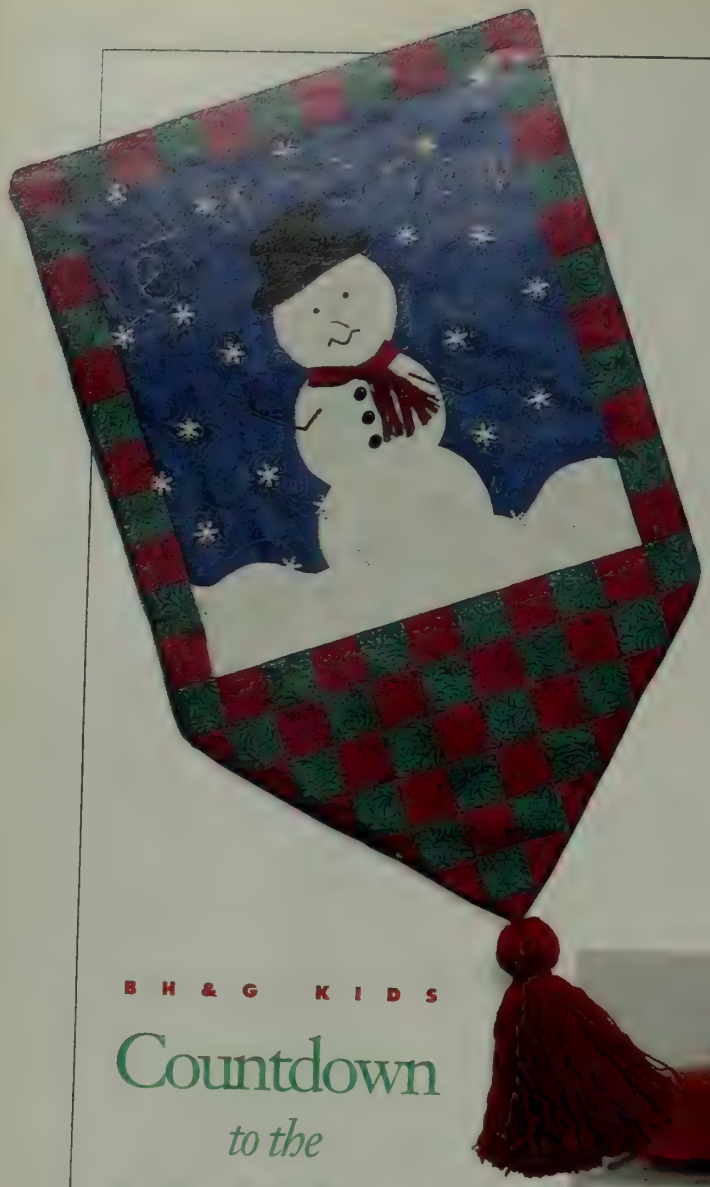


Duncan Hines®

Chocolate Lovers'

BROWNIE MIX®

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SNOWMAN WALL HANGING

Our fabric Frosty greets your guests all winter long. Shortcut materials and techniques put him together in just a few hours.

Instructions begin on page 172.



DECORATED BOTTLES

Paints, filigree, and ribbon rosettes dress clear green bottles for the holidays. Fill each bottle with bath salts, potpourri, and other treats for a pampered and personal gift.

Instructions begin on page 172.

B H & G KIDS

Countdown *to the* Holidays



EDIBLE HOLIDAY HOUSES

With the whole family helping, you can build a holiday village with little effort. There's no baking involved—just "glue" together the graham cracker walls with frosting and decorate with your favorite candies.

Recipe begins on page 180.

continued on page 164

New Easy Indoor S'mores

INGREDIENTS:
- 5 cups miniature marshmallows
- 1/3 cup light corn syrup
- 6 tbsp. margarine or butter
- 1 1/2 cups milk chocolate chips
- 1 tsp. vanilla
- 8 cups Golden Grahams® cereal
- 1 cup miniature marshmallows

PREPARE IN ADVANCE:
Measure cereal into large bowl.
Butter 13 x 9 x 2-inch rectangular pan.

1 Melt



miniature
mallows,
rn syrup,
arine and choco-
hips in 3-quart
span over low
, stirring con-
tly; remove from
t. Stir in vanilla.
r over cereal in
ge bowl.

2 Mix



Mix melted ingredients with cereal QUICKLY until completely coated with chocolate. Stir in 1 cup marshmallows.

3 Make

ke
uares
pressing
ture evenly
buttered 13 x 9 x 2-inch
tangular pan with
ctered back of
oon. Let stand
least 1 hour, or
rigerate if a
ner bar is
sired. Cut into
nch squares.
kes 24 squares.



MMMMMM!!!



MICROWAVE DIRECTIONS:
Place 5 cups miniature marshmallows, the corn syrup, margarine and chocolate chips in large microwavable bowl. Microwave uncovered on High 2 to 3 1/2 minutes, stirring after each minute, until mixture is melted and smooth when stirred. (Be careful when removing mixture from microwave; it will be hot!) Stir in vanilla. Pour over cereal in large bowl. Continue as directed in step 2 above.

HIGH ALTITUDE DIRECTIONS (3500 to 6500 feet):
No changes needed.

MFR COUPON | NO EXPIRATION DATE

CB93



Save 35¢

when you buy Golden Grahams®

RETAILER: General Mills will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copies available upon request. Void if copied, prohibited or regulated. Cash value 1/100 cent. Send to GMI COUPON REDEMPTION, Box 900, MPLS., MN 55460 or an authorized clearinghouse. ONE COUPON PER PURCHASE—Good only in USA, APO's & FPO's.

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BH&G KIDS

Countdown *to the* Holidays



SCOTTIE NAPKIN HOLDER AND PLACE MAT

A classic design from the 1930s prances back to your table today. A simple little pup shapes both the napkin holder and place mat. Use the same design for aprons, towels, stencils, and shirts.

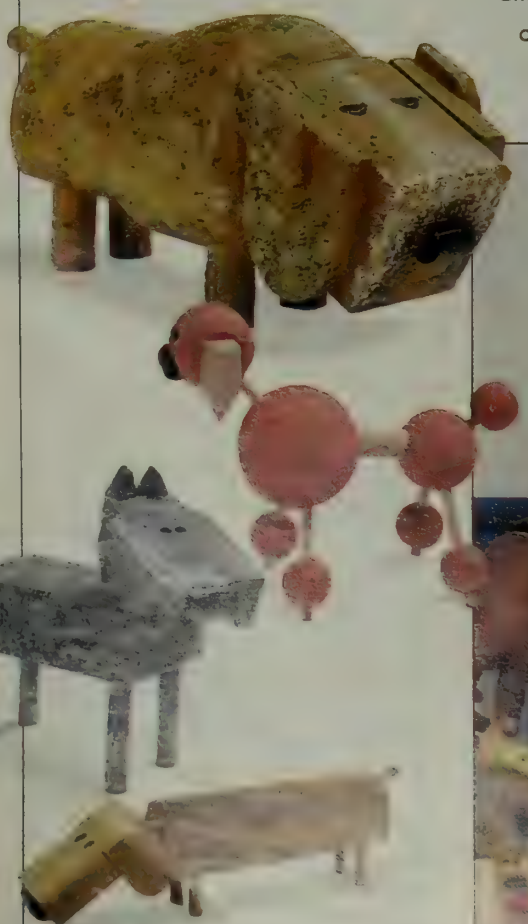
Instructions begin on page 172.



SCRAP PILE DOGS

Have a howling good time crafting and painting these little mutts. Chunks of wood, dowels, and a few wooden balls fashioned these common breeds. Use our guidelines and a little imagination to shape almost any breed.

Instructions begin on page 174.





continued on page 169



You're never too old to baby your skin

NO GREASY CREAMS

NO HEAVY PERFUMES

NO DEODORANTS

JUST THE BASICS

WHAT ELSE COULD

YOU POSSIBLY NEED

FOR YOUR SKIN

IVORY SOAP

99 44/100% PURE ®

COLLECTIVELY

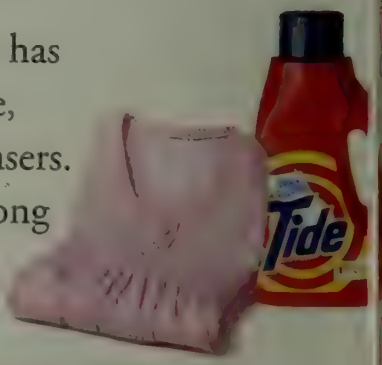
BECAUSE
LITTLE GIRLS WILL TRY MAKEUP LONG BEFORE THEY SHOULD,



TIDE NOW HAS GREASE RELEASERS.



This Tide has the ability to break the grip grease has on fabric. So kiss greasy lipstick stains goodbye, when you pretreat with new Tide with grease releasers. That means some of life's toughest stains are among the simplest to deal with. Try and beat that.



IF IT'S GOT TO BE CLEAN, IT'S GOT TO BE TIDE.®

BH&G KIDS

Countdown *to the* Holidays





SNOWMEN CENTERPIECE

Three roly-poly guys made of plastic foam balls and polyester batting dance among the greens at a casual setting. Make several sizes, then scatter them about for a festive look.

Instructions begin on page 176.

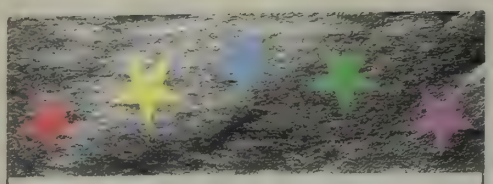


DECOUPAGE LIGHT-SWITCH COVERS

Holiday papers wrap up light-switch covers and give any room the seasonal touch. They cost just pennies to make and screw in place in seconds.

Instructions begin on page 176.

continued on page 170



BIG SAVINGS ON

BETTER HOMES AND GARDENS®
New Junior Cook Book



For only **$5.95!**

Retail value $9.95, ages 6-11, hardcover. A great beginner's book! Each recipe is kid-tested and approved. Includes full-color, how-to photos.

Only $5.95
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with proof-of-purchase from one of the brands listed below

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- ★ Bisquick
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Please send me the Better Homes and Gardens® New Junior Cook Book (specify quantity). I have enclosed a UPC code from one of the advertised brands shown on this page for each book ordered.

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City _____

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Mail to: Junior Cook Book Offer
PO Box 9619, Clinton, IA 52736.

Allow 6 to 8 weeks for delivery
Offer expires 3/31/94 or while supplies last
Void where taxed, restricted or otherwise prohibited by law.



Countdown *to the* Holidays

REDWOOD PLANTER

Three 4½-inch cubes snuggle together as a year-round home for herbs and plants. The clear finish pulls out the grain and lets the wood's beauty shine through.



REDWOOD PLANTER,

page 170

Materials: 12 ft. redwood 1x4; 4 ft. redwood 1x8; clear exterior finish.

Instructions: Rip both edges of 1x4 at 10 degrees so board resembles a parallelogram. Cross-cut into 12 pieces with 10 degree angle on both sides. Top should measure 5 in.; bottom should measure 4 in.

Make 3 boxes by nailing pieces together with butt joints. Cut bottoms to fit. Drill four ½-in. holes in bottoms. Nail bottoms in place.

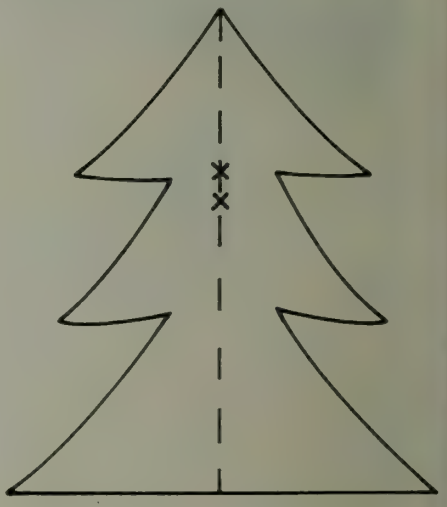
Align boxes. Make large box to fit all in same manner, omitting holes in bottom. Cut base ¼ in. larger all around; screw in place. Finish with exterior finish.

3-D PAPER TREES,

page 159

Materials: Decorative or construction papers; craft paper punches; craft scissors with decorative shapes such as scallop or zigzag; dimensional paints; glue; iron-on adhesive such as Wonder-Under (optional).

3-D Paper Trees



Instructions: For thin or one-sided decorative papers, fuse 2 layers together with iron-on adhesive. Enlarge pattern (*above*) to desired size or about 8 in. Lightly trace 2 trees onto paper. Cut out trees. Using straight scissors, cut slots along center line. Cut 1 tree from bottom to top X. Cut 1 tree from

continued on page 172



Corkscrew Pasta in Four Cheese Sauce. Only from Noodle Roni.®

You've probably noticed how some sauces go with some pastas better than others. So have we. That's why Noodle Roni combines corkscrew pasta with a delicious four cheese sauce. From the makers of Rice-A-Roni,® The San Francisco Treat.™



Pasta and sauces made for each other.

Holiday Countdown

continued from page 170

point of tree top to lower X.

Decorate trees as desired using crafts punches or scissors, dimensional paints, glitter, or other crafts materials. Slip trees together. If desired, cut 1¼–1½-in. star for top; cut out center. Lay over tree top.

HEART AND STAR SHIRT AND EARRINGS,

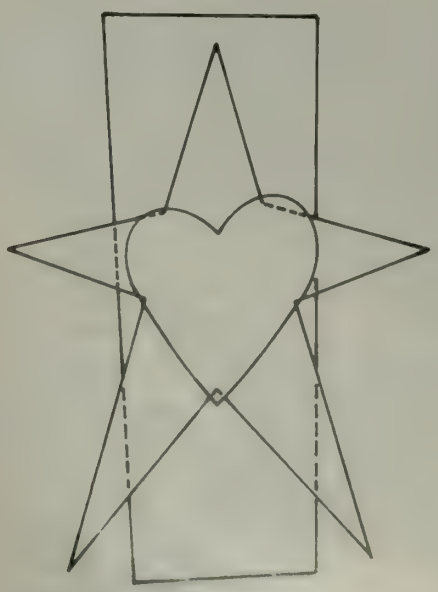
page 160

Materials: *For shirt:* Purchased shirt; plain or print fabric scraps as follows: 7x16-in. green, 7x7-in. red, and 12x16-in. gold; gold or bronze glitter dimensional paint; 1 yd. iron-on adhesive such as Wonder-Under or HeatnBond.

For earrings: Bakable clay such as FIMO or Sculpy in red, green, and gold; earring backs; industrial-strength glue such as E-6000; rolling pin; sharp knife.

Instructions: *For shirt:* Fuse iron-on adhesive to all pieces according to manufacturer's directions. Enlarge pattern (*below*) to scale or desired

Heart and Star Shirt



size. Cut shapes from appropriate fabrics. Center rectangle on shirt with top edge approximately 2 in. from neckline. Fuse in place. Fuse star, then heart in place using pattern as guideline. Machine cut edges with dimensional paint.

For earrings: ***Note:*** Color and size may be changed if desired. Enlarge pattern to 1½ in. long or desired size. Knead clay until soft. ***Note:*** To help soften clay, warm on low temperature in microwave for a few seconds or add commercial thinner. Roll each color to ⅛-in. thickness. Cut appropriate shapes from clay with sharp knife; smooth edges. Bake in glass baking dish according to manufacturer's directions; cool. Glue layers together; glue on backs.

SNOWMAN WALL HANGING,

page 162

Materials: 45-in.-wide fabric in the following amounts and colors: ¼ yd. red print for border, ¼ yd. green print for border, 1½ yd. blue print for background and backing, ¼ yd. white for snowman, ¼ yd. white corduroy for snow, ¼ yd. black for hat, scrap for scarf; ¾ yd. fleece; ¼ yd. iron-on adhesive such as Wonder-Under or HeatnBond; 4 yd. narrow black piping; black or brown, white, and orange dimensional paints; snowflake sequins; 3 black buttons.

Instructions: Finished size, approximately 22x32 in. Patchwork measurements include ¼-in. seam allowances; appliqu´e pieces do not include seam allowances. Fuse iron-on adhesive to corduroy, white, and black fabrics. ***Note:*** For shortcut, use solid fabrics instead of patchwork.

Cutting: Cut the following: 18x20-in. blue background; 34 each red and green 2½-in. squares; 5-, 6¼-, and 7-in. circles from white.

Cut 3 different layers corduroy, overlapping and shaping to resemble snowdrifts. Finished total size should be width of blue by 4¼ in.

Cut hat shape from black.

Fuse snowman, snow, and hat to background. See photograph on *page 162* for detail. Machine satin-stitch around pieces. ***Note:*** For shortcut, outline pieces with dimensional paints after full assembly.

Patchwork: Piece red and green squares together; fit to top, sides, and bottom to form borders. Add rows to bottom in checkerboard fashion. Rows decrease in number: 11, 9, 7, 5, 3, 1. Draw line from outer edge of bottom border to center bottom of final block; trim away excess, leaving seam allowances.

Assembly: Line banner with fleece. Cut backing to fit front. Baste piping around outer edge. Sew front to back, leaving opening. Turn; slip-stitch opening closed.

Machine-quilt between borders and background and around snowman. Add twig-like arms with machine satin stitching or dimensional paints. Draw face with dimensional paints: brown or black eyes and mouth and elongated orange triangle for nose. Sew buttons in place. Cut scarf from scrap; glue or tack in place. If desired, write "LET IT SNOW" across the top with white paint. Adhere snowflakes with white paint.

If desired, stitch rŏd pocket to back. Tack 10-in. tassel to point.

DECORATED BOTTLES,

page 162

Materials: Clean glass bottles with corks to fit; purchased trims such as filigree and ribbon rosettes; industrial-strength glue such as E-6000; gold leaf and adhesive; Liquitex Glossies paint in desired colors; brushes.

Instructions: *For trimmed bottles:* Carefully glue on trims as desired.

For painted bottles: Paint part or all of bottle's design or paint your own designs. Bake according to manufacturer's directions.

For corks: Apply gold leafing following manufacturer's directions.

SCOTTIE NAPKIN HOLDER AND PLACE MAT,

page 166

Materials: *For napkin holder:* Scraps ½-in. pine; paint.

For place mats: Purchased place mats; scraps white fake suede, cotton, or fabric as desired; scrap fleece; scrap iron-on adhesive such as Wonder-Under or HeatnBond;

continued on page 174



For moms who have a lot of love, but not a lot of time.



Guess what! In 90 seconds flat – about the same time it takes to make cold cereal – you can make Instant Quaker® Oatmeal. He'll get piping-hot Quaker Oats nutrition – in flavors he loves. And you'll both get a nice, warm feeling inside!



New Baker's Secret® Bakeware

The No-Stick, No-Mistake Way To Bake Just Got Better.



You put the best of yourself into your baking and you depend on Baker's Secret to make sure you get the best results. Baker's Secret Bakeware's non-stick finish always delivers on the promise of perfect turnouts. And it's now more durable than ever, so it's safe to put your Baker's Secret Bakeware in the dishwasher for an even easier clean-up.

NEW EKCO® Baker's Secret®
America's Favorite Non-Stick Bakeware

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Holiday Countdown

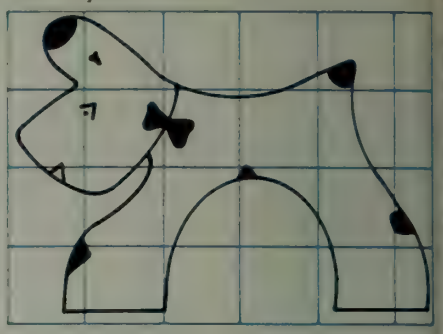
continued from page 172

black and red acrylic or fabric paint; black and red thread or dimensional paint; scrap plaid ribbon.

Instructions: *For napki[n]* Enlarge pattern (*above right*) to scale Cut 2 dogs. Cut 6¼x3-in. base. M[ark] ½ in. in from each corner; connec[t] marks at each corner. Remove th[e] small triangle from each corner to shape base. Position dogs on long edges; glue in place. Secure with nails. Paint according to pattern.

For place mats: Fuse or tack fleece to wrong side of fabric. Fuse iron-on adhesive to fleece according to manufacturer's directions. Enlarge pattern (*above right*); transfer to fabric. Cut out dog. Fuse to place mat. Machine-appliqué in place or seal edges with dimensional paint. Lightly draw leash as desired, referring to picture on *page 166* for detail. Machine satin-stitch leash or draw with dimensional paint. Paint markings according to pattern, except ribbon. Tack ribbon in place.

Scottie 1square = 1 inch



SCRAP PILE DOGS,

page 166

Materials: Scraps of wood, dowel, closet pole, handrails, ½ round, lattice, wooden balls, or any other building materials; paint; sponges and brushes; glue.

Instructions: *Note:* Make dogs in desired sizes. Dogs will differ according to materials available. Local lumberyards and building supply stores often have scraps available at little or no charge.

General tips: Use thin wood such as lattice or hardboard to add ears, jowls, or mustaches. Cut 1 edge in sawtooth manner for schnauzer, Airedale, or other mustaches.

Use ½ round for noses and to round out head (dachshund, for example).

Use dowels for legs, tails, necks, and other narrow body parts.

For rounded bodies (bulldog, dachshund), use closet pole or handrail scraps. For barrel-chested dogs, fit 2 sizes handrail or closet pole together; file and sand to taper.

For poodle, use different sizes of wooden balls and dowels. Paint dowels and ears much lighter to resemble shaved areas.

Note: Exaggerate dog's features to make breed more recognizable. For example, make dachshund very long and with very short legs.

Add action and personality to dogs with limb and head placement. Greyhound, for example, has ears back, tongue and tail straight out, and legs striding to demonstrate

speed. Schnauzer has head cocked to show curiosity and humor.

Painting: Base-coat dogs in general color of breed or as desired. Refer to dog books and encyclopedias for dog colors. For flecked or mottled coats (schnauzer, Airedale, any brindle breed), sponge-paint with contrasting colors, then top with small amount of black or white. For faint striping (greyhound), water down darker color; paint narrow stripes, then blur with dry paintbrush, cloth, or finger.

For smooth coats, water down darker shade or black, then rub over dog's body. In method similar to antiquing, rub away most of paint on highlighted areas (spine, face) and leave darker in shadowed areas (belly, lips, ear tips).

SNOWMEN CENTERPIECE,

page 169

Materials: Plastic foam balls in graduated sizes; polyester quilt batting; crafts glue or low-temperature glue gun; thin wire; small black beads; trims such as buttons, eyes, and hats; fabric scrap for scarf; twigs for arms; carrot; toothpick.

Instructions: Slice small amount from opposite sides of larger 2 balls and 1 side of small ball. Set aside 1 of these pieces. Wrap balls with batting; glue in place. Trim excess batting. Glue balls together. Secure with toothpicks if needed. Glue buttons and eyes in place. Add twig arms. Trim tip from carrot; hold in place with toothpick. For mouth, string beads on wire, leaving ½-in. wire at each end. Shape into mouth. Push ends of wire into ball.

If snowman will not sit level, flatten or trim saved plastic foam remnant. Glue to bottom of snowman.

DECOUPAGE LIGHT-SWITCH COVERS,

page 169

Materials: White or beige switch-plate cover; wrapping paper or greeting cards; decoupage medium such as Mod Podge; white paper; sharp scissors or crafts knife.

Instructions: Position switch-plate cover over paper or card to best show design. For heavy papers, trace switch-plate cover onto back of paper. For lightweight papers, trace onto white paper first, then onto decorative papers. Mark openings for switch and screws. Poke screw holes with pin. Cut X at switch openings, but do not cut out this section.

Cut out along outer edges, allowing enough to wrap around to back.

For lightweight papers, adhere white paper to back of decorative paper with thin coat of decoupage medium; let dry.

Adhere paper to switch-plate cover with decoupaged medium, making sure openings align. Fold excess paper to back; adhere. Fold triangles formed by X-cut to back; adhere. Coat with several layers decoupage medium, lightly wet sanding between coats, if necessary.



cookies

Over 30 tempting holiday gems

By Lisa Holderness



Orange Spice Houses



Spumoni Slices and Brown-Sugar-Hazelnut Rounds



Snowball Christmas Trees



5-Way Fudge Brownies



Sour Cream Cutouts



Recipes begin on page180

Enter the Better Homes and Gardens®
Holiday Cookie Contest!

MORE THAN $10,000 IN PRIZES

Now that you've sampled our cookie recipes, let us sample yours. What incredible cookie recipe do you bake for Christmas, Hanukkah, or the New Year? Is creative cookie decorating your specialty this time of year? Share your original cookie recipes or cookie decorating ideas with us, and you could win up to $2,500. Plus, the food manufacturers listed *below*, *center*, will award $500 to the top recipe or decorating idea using their product.

It's easy to enter! Write down your best cookie recipe or cookie decorating ideas. Enclose a photo of the cookie if you'd like us to see it. Tell us why the recipe is special and something about its background. We're looking for original, festive ideas that families enjoy baking this time of year. Creativity counts especially in the decorating category. Simply fill in the entry blank and mail your entry so that it is postmarked by January 31, 1994. Top winning recipes will be featured in a 1994 issue of *Better Homes and Gardens®* magazine.

ALL ENTRIES MUST BE POSTMARKED BY JANUARY 31, 1994. Only one entry per envelope.



COOKIE RECIPE PRIZES

Grand Prize: $2,500

2nd Place: $1,000

3rd Place: $500

4th through 12th Place: $250

COOKIE DECORATING PRIZES

Grand Prize: $2,500

2nd Place: $1,000

3rd Place: $500

MORE CHANCES TO WIN!

The following companies will award $500 to the top recipe or decorating idea using their product:

Jelly Belly Jelly Beans (see p. 80)

"M&M's" Semi-Sweet Chocolate Candies (see p. 180)

Butter Flavor Crisco All-Vegetable Shortening (see December issue)

Baker's Joy No Stick Spray (see p. 186)

Land O' Lakes Butter (see p. 189)

CONTEST RULES

1. No purchase necessary.

2. Type each entry on a separate piece of paper and mail it with a completed entry form (or a copy of the entry form). Only one entry per envelope. Give all measurements in level cups, tablespoons, and teaspoons. Explain in 100 words or less why this is a favorite recipe or decorating idea.

3. If you use a cosponsor product in your recipe, include the brand name in your recipe. To be eligible for a cosponsor prize, check box on entry form. All recipes, including the 15 top prize winners, are eligible to win a cosponsor prize. Only one cosponsor prize will be awarded per entry.

4. Entries must be postmarked by January 31, 1994. No responsibility is assumed for lost, late, or misdirected entries.

5. Entrants must be residents of the U.S.A. Employees of Meredith Corporation, cosponsor companies, their agents, affiliates, subsidiaries, and families are not eligible.

6. Winners will be selected on or about April 1, 1994. Winners will be notified by mail and prizes delivered on or about June 1, 1994. Prizes are as described *at center*.

7. All winners will be required to sign an affidavit certifying that their entries are original and not previously published. All entries and materials submitted become the property of Meredith Corporation and will not be returned or acknowledged. All rights, title, and interest, including copyright rights, of winning recipes belong to Meredith Corporation. Meredith Corporation reserves the right to adjust and edit winning recipes. Entry constitutes permission to use winner's entry name, likeness, and hometown name for editorial or promotional purposes on behalf of Meredith Corporation.

8. All recipes and decorating ideas will be judged by Meredith Corporation based on taste, appearance, appeal, and creativity. Recipes will also be judged for holiday appropriateness. The decisions of the judges are final.

9. Subject to all federal, state, and local laws and regulations. Void where prohibited. Applicable taxes are the sole responsibility of the winners.

10. For a list of prize winners (available after June 1, 1994) send a separate, self-addressed, stamped envelope to: Holiday Cookie Contest, BH&G Food Dept., 1716 Locust Street, Des Moines, IA 50309-3023.

HOLIDAY COOKIE CONTEST

Enclosed is my entry for the following category:

- ❑ Cookies
- ❑ Decorated Cookies

Check here if your recipe uses one or more of the following cosponsor products:

- ❑ Jelly Belly Jelly Beans
- ❑ "M&M's" Semi-Sweet Chocolate Candies
- ❑ Butter Flavor Crisco All-Vegetable Shortening
- ❑ Baker's Joy No Stick Spray
- ❑ Land O' Lakes Butter

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THE ITALIAN MEAT LOAF.



THE SECRET.





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With Lipton's special blend of herbs and tomato you can create...

RECIPE SECRETS™ SOUPERIOR MEAT LOAF

- 1 envelope Lipton Recipe Secrets Italian Herb with Tomato Soup Mix
- 2 pounds ground beef
- 1½ cups fresh bread crumbs
- 2 eggs
- ¾ cup water
- ⅓ cup ketchup

Preheat oven to 350°. In a large bowl, combine all ingredients. In a large baking pan, shape into a loaf. Bake 1 hour or until done. Makes about 8 servings. (Also terrific with Lipton Recipe Secrets Onion Soup Mix.)

Introducing Lipton® Recipe Secrets™ Italian Herb with Tomato.
The Secret Worth Passing Around.



side walls. For each peaked end wall, use 1 graham cracker square. To cut peaks in the tops of the 2 end walls, use a small, serrated knife and cut with a sawing motion. This allows roof pieces to fit securely.

For larger buildings, such as a church, use 6 double graham cracker squares. Cut peaks in 2 of the double graham cracker squares, as directed above, for the ends walls. Use 2 double graham cracker squares for side walls (do not break). To add a chimney or church steeple, use extra pieces of cracker and frosting.

Build each house or building on a separate piece of waxed paper. To join the 2 peaked end walls and the 2 side walls together, pipe the frosting from the plastic bag or pastry bag onto the two end walls and attach side walls. Let the frosting dry slightly till house seems fairly sturdy (about 10 minutes).

To attach the roof pieces, pipe frosting along top edge of each wall. For houses, attach 1 graham cracker square (for large buildings, use 1 double graham cracker square) so that it lines up with the top of the peaks on the end walls. Attach other cracker square or double cracker square. Pipe a row of frosting along peak where roof pieces meet. Again, let frosting dry.

To decorate, pipe frosting designs onto walls and roof, if desired. To use candies, pipe on a dab of frosting, then attach each candy.

Holiday Countdown

continued from page 162

GRAHAM CRACKER VILLAGE

¼ cup shortening
1 tsp. vanilla
4 cups sifted powdered sugar (1 pound)
2 to 3 Tbsp. milk
Graham crackers (5 squares per house or 6 double graham cracker squares per larger building)
Assorted candy decorations

For decorator frosting, in a large mixer bowl beat shortening and vanilla with an electric mixer on medium-high speed for 30 seconds. Gradually beat in 2 cups of the powdered sugar. Add 2 tablespoons of the milk. Gradually beat in remaining powdered sugar and enough of the remaining milk to make of piping consistency. (This is enough frosting for 10 buildings.) Store frosting, covered, till needed.

Place frosting in a sealed small clear plastic bag with a small corner piece snipped off. Or, place frosting in a pastry bag with a medium-size round or star tip.

For each house, you'll need 5 graham cracker squares. Cut 1 graham square in half to form the two



New "M&M's"® *Semi-Sweet* Chocolate Candies Baking. Just 1/3 the size of regular "M&M's"® Chocolate Candies...



Regular Size "M&M's"®



New Mini Size for Baking



y're a colorful way to make all your baking really special...

1 tsp. ground cinnamon
½ tsp. salt
½ tsp. ground ginger
¼ tsp. ground cloves
1½ cups butter, softened
2 cups packed brown sugar
1 beaten egg
1 recipe Confectioners' Icing (optional) (see recipe, page 191)
1 recipe Decorator Frosting (optional) (see recipe, page 191)
Candies for decorating, such as colored hard candies; tiny mints; mini jelly beans, halved; gumdrops; and candy canes (optional)

In a mixing bowl stir together the flour, orange peel, baking powder, cinnamon, salt, ginger, and cloves; set aside. In a medium mixer bowl beat the butter with an electric mixer on medium to high speed for 30 seconds. Add the brown sugar; beat till fluffy. Add the egg; beat well. Gradually beat or stir in flour mixture. Dough will be stiff.

To make your own house or barn stencil, use poster board or sturdy paper. The height from the roof top to floor should be about 3 inches and the width about

continued on page 182

Cookies

continued from page 177



ORANGE SPICE HOUSES

Use cookie cutters or stencils to cut this buttery dough into quaint houses and barns.

3½ cups all-purpose flour
1 tsp. finely shredded orange peel
1 tsp. baking powder



So open your hand and smile.

Fun Cookies™

2 cups all purpose flour
3/4 tsp baking soda
3/4 tsp salt
1 cup (8oz) softened butter or shortening
2/3 cup granulated sugar
1/2 cup firmly packed brown sugar
1 egg
1 tsp vanilla extract
12 oz package (1-3/4 cups) "M&M's"® Semi-Sweet Chocolate Candies
3/4 cup chopped nuts (optional)

Preheat oven to 375°F. Combine flour, baking soda and salt; set aside. Cream together butter or shortening and sugars until light and fluffy; beat in egg and vanilla. Blend in flour mixture slowly. Stir in "M&M's"® Semi-Sweet Chocolate Candies and nuts. Drop heaping teaspoonfuls onto an ungreased cookie sheet. Bake 8-11 minutes until browned. Cool 1 minute on cookie sheet; place on wire cooling racks. Makes about 5 dozen 2-inch cookies.





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If you're going over the river and through the woods this holiday season, make sure your turkey casserole stays hot and your ambrosia salad s cold with Tempreserve, the only insulated containers that keep food hot or cold for up to four hours. They're roomy enough to hold a 9 x 13 Pyrex® dish, so you can take your special holiday recipe to Grandmother's house and it will still taste as if you never left home. Tempreserve insulated food servers and bowls—another magic idea from the people at Aladdin.



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Cookies

continued from page 181

2½ inches. Or, use 3- to 4-inch house-shaped cookie cutters to cut the dough.

On a well-floured pastry cloth, roll one-third of the dough to ¼-inch thickness. Place your house or barn stencil on the dough and cut around the stencil using a small sharp knife. Or, cut dough using cookie cutters.

With a floured metal spatula, transfer cookies to ungreased cookie sheets, placing them about 2½ inches apart. Bake in a 375° oven about 8 minutes or till edges are light brown. Remove cookies and cool thoroughly on wire racks. Repeat with remaining dough.

Decorate house cookies with the Confectioners' Icing, Decorator Frosting, and assorted candies as desired. For decorating ideas, see page 191. Makes about 60 cookies.

Nutrition facts per plain cookie: 93 cal., 5 g total fat (3 g sat. fat), 16 mg chol., 68 mg sodium, 12 g carbo., 0 g fiber, 1 g pro.



SPUMONI SLICES

Pistachio, peppermint, and chocolate all rolled into one cookie!

- 2½ cups all-purpose flour
- 1½ tsp. baking powder
- ½ tsp. salt
- 1 cup margarine or butter
- 1½ cups sugar
- 1 egg
- 1 tsp. vanilla
- ¼ tsp. peppermint extract
- 5 drops red food coloring
- ¼ cup ground pistachio nuts or almonds
- 5 drops green food coloring
- 1 oz. unsweetened chocolate, melted and cooled
- Sugar (optional)

In a medium mixing bowl stir together flour, baking powder, and salt; set the mixture aside.

In a large mixing bowl beat margarine or butter with an electric mixer on medium speed for 30 seconds. Add the 1½ cups sugar and beat till fluffy. Add egg and vanilla; beat just till combined. Slowly add the flour mixture, beating on medium speed till combined.

Divide dough into 3 equal portions. To one portion of the dough, stir in peppermint extract and red

continued on page 186

Take a nostalgic look back at the golden age of railroads...

THE OLD RAILROAD STATION



Shown smaller than actual size of 4¾" in height.

A finely detailed sculpture meticulously painted by hand.

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e late 1800s, the major railroad panies built many new extra- nt station houses to attract e passengers. At the most ortant stops, men in stylish top and elegantly attired women ching parasols were pampered umptuous waiting rooms, ate parlors and other luxuries ake them comfortable. Now, Danbury Mint re-creates one ose beautiful stations with *Old Railroad Station.*

hentic details; hand-painted.

ertly sculpted, *The Old Railroad tion* authentically replicates the hic Revival architecture of the orian era. Notice the pointed of the clock tower, ornately med with red and white tiles. e, too, the Gothic window arches, individual red bricks, the gabled and twin chimneys. The mov- e locomotive is a replica of the is "Camel," so named for its npback boiler design.

Each sculpture is handcrafted of cold-cast porcelain, a special blend of powdered porcelain and resins able to capture fine detail. Skilled artisans meticulously paint each sculpture by hand.

An excellent value; satisfaction guaranteed.

Available exclusively from the Danbury Mint, *The Old Railroad Station* is priced at $45, payable in two convenient installments of just $22.50. Your satisfaction is guaranteed. The sculpture is perfectly sized for display on a mantel, end table, or bookshelf. It is sure to be admired by family and friends. Harken back to a time when riding the railroad was an experience to savor. Reserve yours today!

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RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, CT 06857

Please return promptly.

Please accept my reservation for *The Old Railroad Station*, a meticulously detailed sculpture re-creating a Victorian-era station house. The sculpture comes with a serially-numbered Certificate of Ownership.

I need send no money now. I will pay for my sculpture in two convenient installments of $22.50,* the first due prior to shipment. If not delighted, I may return my sculpture within 30 days of receipt for a replacement or refund.

**Plus any applicable sales tax and $1.75 shipping and handling per installment.*

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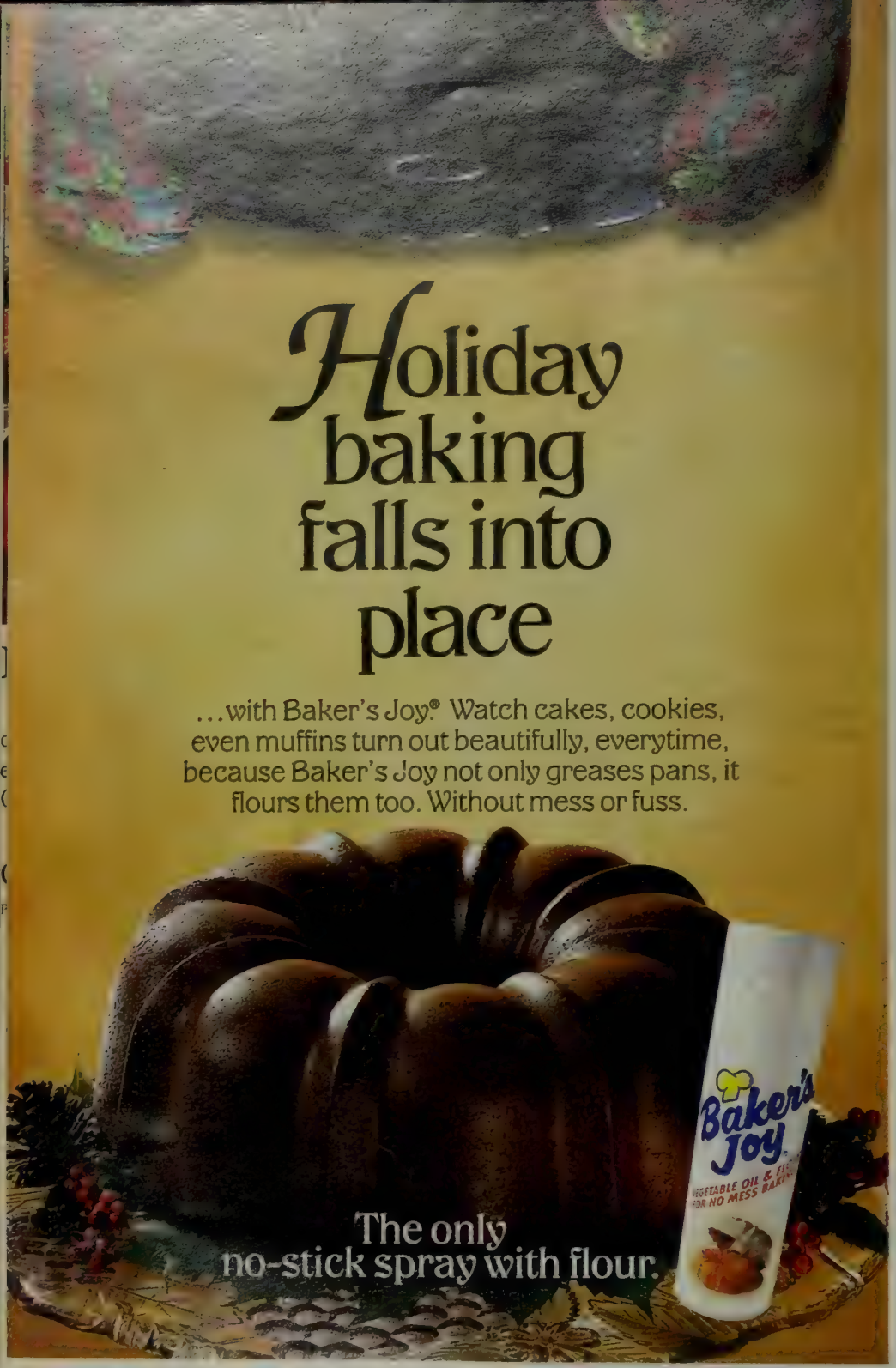
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Allow 4 to 8 weeks after initial payment for shipment.

021FBH1



Cookies

continued from page 182

food coloring. To another third of the dough, stir in the pistachio nuts and green food coloring. To remaining dough, stir in melted chocolate.

Divide each portion of dough in half (you should have 6 portions total). On waxed paper shape each portion into a 10-inch roll. Lift and smooth the waxed paper to help shape the roll. Gently press 1 roll of pistachio dough and one roll of chocolate dough together, lengthwise, keeping the round shapes intact. Gently press 1 roll peppermint dough atop, lengthwise, making a shape similar to a triangle. Repeat with remaining 3 rolls.

Wrap each tricolored roll in waxed paper or plastic wrap. Chill for 2 to 48 hours or till firm enough to slice. (Or, wrap dough in foil and freeze for up to 3 months; thaw in refrigerator before slicing.)

Using a thin-bladed knife, slice a tricolored roll of the dough into ¼-inch-thick slices. Rotate the roll as you slice to avoid flattening the roll. Place cutouts 1 inch apart onto ungreased cookie sheets. Sprinkle with sugar, if desired. Bake in a 350° oven for 10 to 12 minutes or till edges are firm and light brown. Cool on cookie sheets for 1 minute. Transfer cookies to a wire rack to cool completely. Repeat with remaining tricolored roll. Makes about 60 cookies.

Snowball Christmas Trees: Prepare plain dough for Spumoni Slices as directed. Tint ½ cup dough with brown food coloring to use as tree trunks. Tint remaining dough with green food coloring.

Roll green dough into small balls (about ½ inch each). Assemble trees on ungreased baking sheets. For each tree, start with 1 ball for the top of the tree. Attach 2 balls in a row below it. Continue attaching balls in rows, adding one more each time so the tree resembles a triangle, stopping after you get a row of five balls. Roll brown dough into small balls. Attach a brown ball to the middle of the last row for the tree trunk.

Bake in a 325° oven for 12 to 15 minutes. Carefully remove from baking sheets and cool on wire racks. To decorate, pipe tinted or white Confectioners' Icing (see page 191) on trees to resemble garland and sprinkle with decorative candies. Or, sprinkle with edible glitter, if desired. Makes about 30 trees.

Nutrition facts per Spumoni Slice: 70 cal., 4 g total fat (1 g sat. fat), 4 mg chol., 55 mg sodium, 9 g carbo., 0 g fiber, 1 g pro.

BROWN-SUGAR HAZELNUT ROUNDS

½ cup shortening
½ cup margarine or butter
2½ cups all-purpose flour
1¼ cups packed brown sugar

1 egg
1 tsp. vanilla
½ tsp. baking soda
¼ tsp. salt
¾ cup toasted ground hazelnuts or pecans
⅓ cup toasted finely chopped hazelnuts or pecans (optional)
Milk chocolate, melted (optional)
⅓ recipe Confectioners' Icing made with maple flavoring, orange juice, or vanilla (optional) (see recipe, page 191)
Toasted, finely chopped hazelnuts or almonds (optional)



In a large mixing bowl beat shortening and margarine or butter with an electric mixer on medium to high speed about 30 seconds or till softened. Add about 1 cup of the flour to the shortening mixture. Add brown sugar, egg, vanilla, baking soda, and salt. Beat till thoroughly combined, scraping sides of bowl occasionally. Beat or stir in the remaining flour and the ¾ cup ground nuts.

On waxed paper, shape dough into two 10-inch rolls. Lift and smooth the waxed paper to help shape the roll. If desired, roll one of the logs in the ⅓ cup chopped nuts. Wrap each in waxed paper or plastic wrap. Chill for 4 to 48 hours or till firm enough to slice. (Or, wrap dough in foil and freeze for up to 3 months; thaw in the refrigerator before slicing and baking.)

Using a thin-bladed knife, cut dough into ¼-inch-thick slices. Place slices 1 inch apart on ungreased cookie sheets. Bake in a 375° oven 10 minutes or till edges are firm. Remove cookies; cool.



To decorate with melted chocolate, dip cookies without nuts on the edges in melted chocolate, dipping about half of the cookie. Or, drizzle melted chocolate over cookies (with or without nuts on edges) rather than dipping them. Sprinkle with some of the finely chopped nuts or pipe Confectioners' Icing in a design over the chocolate. To decorate cookies with Confectioners' Icing, with a spoon drizzle the icing atop some of the cookies. Sprinkle with chopped nuts, if desired. Makes about 60 cookies.

Nutrition facts per plain cookie: 74 cal., 4 g fat (1 g sat. fat), 4 mg chol., 40 mg sodium, 8 g carbo., 0 g fiber, 1 g pro.

SOUR CREAM CUTOUTS

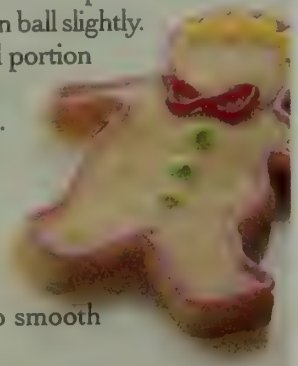
Stars, bells, trees, ornaments, and more—your collection of cutouts is limited only by your assortment of cookie cutters and your imagination.

continued on page 188

COOKIE BAKING TIPS

1. Roll out cookie dough on a lightly floured surface or a lightly floured pastry cloth. For less sticking, use a stockinet to cover your rolling pin.

2. For easier rolling out of cut-out cookie dough, divide dough into 2 or 3 equal portions. Form each portion into a ball, then flatten ball slightly. Wrap each flattened portion in waxed paper and refrigerate until firm.



3. When frosting cookies, occasionally dip knife or spatula into a bowl of water and use to smooth out frosting.

4. Washable pastry bags and metal pastry tips are easy to use to pipe frosting for decorating cut-out cookies. Fill bags no more than two-thirds full and twist the upper third tightly to prevent the frosting from coming out the top as you pipe. Disposable pastry bags are also available or you can fold your own pastry bags using triangles of parchment paper rolled into cones.

5. If your cookies are spreading too much, your dough may be too soft. Try refrigerating dough until well chilled. Be sure to use butter that is not too soft. Also, let cookie sheets cool completely before re-using.

6. If your cookie dough is too dry and crumbly, try adding 1 to 2 tablespoons cream or milk.

7. Soft cookies should be stored in a container with a tight fitting lid, crisp cookies in a container with a loose-fitting lid.

8. Mailing tips: Bar, drop or fruit cookies can best withstand mailing. Tender fragile cookies are apt to crumble when mailed. Use a heavy cardboard box or coffee can lined with aluminum foil as a mailing container.

9. If you don't have wire racks to cool your cookies, they can get soft or soggy. To prevent this, place a sheet of waxed paper on the counter and sprinkle it with granulated sugar. Place the cooling cookies on sugared waxed paper.

Cookies

continued from page 187



- ½ cup margarine or butter
- ⅓ cup shortening
- 2½ cups all-purpose flour
- 1 cup sugar
- ⅓ cup dairy sour cream
- 1 egg
- 1 tsp. vanilla
- 1 tsp. finely shredded lemon peel (optional)
- ¾ tsp. baking powder
- ½ tsp. ground mace
- ¼ tsp. baking soda
- Dash salt
- 1 recipe Confectioners' Icing (optional) (see recipe, page 191)
- 1 recipe Decorator Frosting (optional) (see recipe, page 191)
- Decorative candies (optional)

In a large mixing bowl beat the margarine or butter and shortening with an electric mixer on medium to high speed about 30 seconds or till softened. Add about half of the flour to the margarine and shortening. Then add the sugar, sour cream, egg, vanilla, lemon peel, baking powder, mace, baking soda, and salt. Beat till thoroughly combined, scraping sides of bowl occasionally. Beat or stir in the remaining flour.

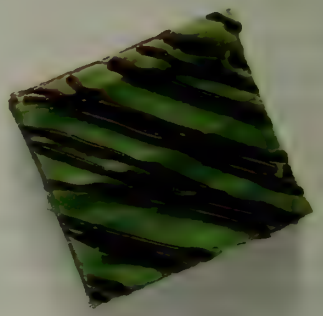
Divide dough in half. Cover; chill 1 to 2 hours or till easy to handle. (Or, wrap in foil and freeze for up to 3 months. Thaw in refrigerator.)

On a well-floured pastry cloth, roll each half of dough (keep remaining portion chilled) to ⅛- to ¼-inch thickness. Using cookie cutters dipped in flour, cut dough into desired shapes. With a wide spatula, transfer cookies to ungreased cookie sheets, placing them ½ inch apart.

Bake in a 375° oven for 7 to 8 minutes or till edges are firm and bottoms are very light brown. Remove cookies and cool on wire racks. If desired, decorate with Confectioners' Icing, Decorator Frosting, and assorted decorative candies. For decorating ideas, see page 191. Makes about 4 dozen, 2½-inch cookies.

Anise Cutouts: Prepare Sour Cream Cutouts as directed, except substitute ½ teaspoon anise extract for the ground mace and omit the lemon peel. Decorate as directed.

Nutrition facts per plain cookie: 72 cal., 4 g total fat (1 g sat. fat), 5 mg chol., 34 mg sodium., 9 g carbo., 0 g fiber, 1 g pro.



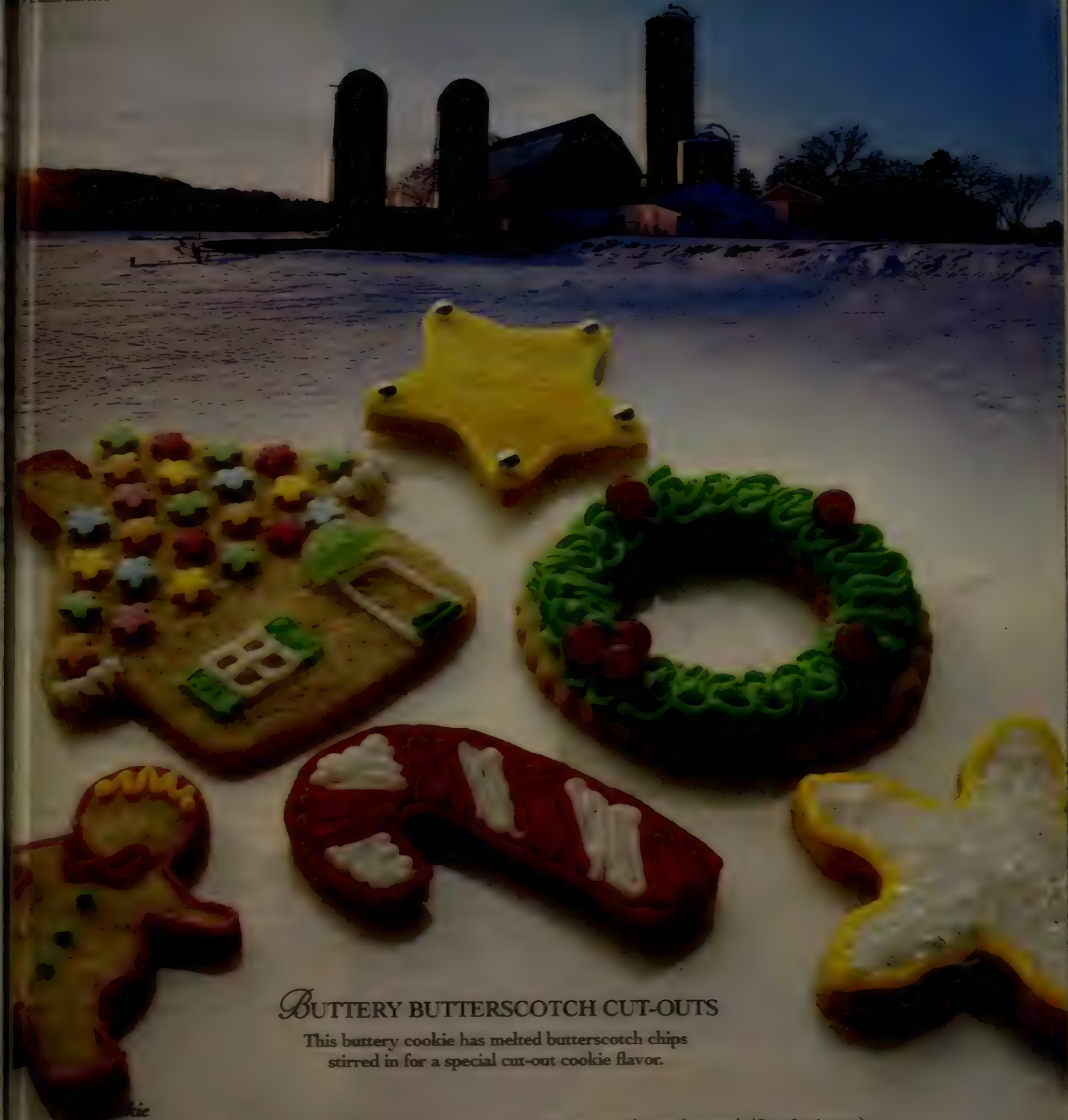
5-WAY FUDGE BROWNIES

Choose from five fabulous versions of these dense, chocolate brownies.

- ½ cup margarine or butter
- 2 oz. unsweetened chocolate
- 1 cup sugar
- 2 eggs
- 1 tsp. vanilla
- ⅓ cup all-purpose flour
- 1 recipe Chocolate Glaze (optional) (see recipe, page 191)
- Pecan halves (optional)

continued on page 190

© Land O'Lakes, Inc. 1993



BUTTERY BUTTERSCOTCH CUT-OUTS

This buttery cookie has melted butterscotch chips stirred in for a special cut-out cookie flavor.

Cookie

1 cup butterscotch flavored chips
1 cup LAND O LAKES® Butter, softened
3 cups all-purpose flour
1/2 cup firmly packed brown sugar
1/2 cup sugar
1 egg
2 tablespoons milk
2 teaspoons vanilla



Frosting

2 cups powdered sugar
1/4 cup LAND O LAKES® Butter, softened
1 to 2 tablespoons milk
1 teaspoon vanilla



In 1-quart saucepan melt butterscotch chips over low heat, stirring constantly, until smooth (3 to 5 minutes). Pour into large mixer bowl; add all remaining cookie ingredients. Beat at low speed, scraping bowl often, until well mixed (1 to 2 minutes). Divide dough in half; wrap in plastic food wrap. Refrigerate until firm (1 hour). *Heat oven to 375°.* On lightly floured surface roll out dough, half at a time, to 1/8-inch thickness. Cut with 2 1/2-inch cookie cutters. Place 1-inch apart on cookie sheets. Bake for 5 to 8 minutes or until edges are lightly browned. Cool completely.

In small mixer bowl combine all frosting ingredients. Beat at low speed, scraping bowl often, until fluffy (1 to 2 minutes). If desired, color frosting with food coloring. Frost and decorate cookies as desired. *Yield: 4 to 5 dozen.*

Taste the difference Land O'Lakes makes.

Stove Top makes Mushroom Chicken simple.



Stove Top®
STUFFING MIX

Mushroom-Dill Chicken Rolls

2 Tbsp. margarine, cut in pieces
1 cup hot water
2 cups STOVE TOP® Chicken Flavor Stuffing Mix in the Canister
1 small red pepper, chopped (optional)
1 egg, beaten
4 boneless, skinless chicken breast halves, pounded 1/4" thick
2 Tbsp. melted margarine
Pepper
1 can (10 3/4 oz.) condensed cream of mushroom soup
1/2 cup water
1/2 tsp. dill weed

- Heat oven to 400°F.
- Stir cut margarine into hot water in bowl until melted. Add stuffing crumbs, red pepper and egg; stir until moistened.
- Spoon stuffing evenly on chicken; roll tightly. Secure with toothpicks. Place in greased 9" square baking dish. Brush with melted margarine; sprinkle with pepper.
- Bake 30 to 35 minutes or until cooked through. Heat soup, water and dill in saucepan. Serve over chicken. Makes 4 servings.



For more recipes write KC[illegible]

[illegible]neral Foods, Inc.

Cookies

continued from page 188

In a medium saucepan melt margarine or butter and chocolate over low heat. Stir in sugar, eggs, and vanilla. Beat lightly by hand just till combined. Stir in flour. Spread batter in a greased 9x9x2-inch baking pan. Bake in a 350° oven for 20 minutes. Cool on a wire rack. Spread Chocolate Glaze over the cooled brownies, if desired. Cut into bars. Makes 16.

Caramel Nut Goodies: Prepare Fudge Brownies as directed, except stir ½ cup chopped pecans into the batter before spreading in the greased pan. Sprinkle batter with ½ cup miniature semisweet chocolate pieces. Bake as directed. In a small saucepan combine one 6¼-ounce package vanilla caramels and 2 tablespoons milk. Cook and stir over medium-low heat till smooth. Drizzle caramel atop brownies. Cool completely.

Peanut Butter Brownies: Prepare Fudge Brownies as directed. For frosting, in a medium mixing bowl beat ¼ cup peanut butter till fluffy. Gradually add 1 cup sifted powdered sugar, beating well. Beat in ¼ cup milk and 1 teaspoon vanilla. Gradually beat in about ½ cup additional sifted powdered sugar to make of spreading consistency. Spread frosting atop brownies and sprinkle with ¼ cup finely chopped dry roasted peanuts. Cut into bars.

Chocolate Chunk Brownies: Prepare Fudge Brownies as directed, except stir one 2.2-ounce bar milk chocolate, coarsely chopped, and one 2.2-ounce vanilla-flavored bar with almonds (Alpine bar), coarsely chopped, into the batter.

Crème de Menthe Brownies: Prepare Fudge Brownies as directed, except omit vanilla. Stir ¼ teaspoon mint extract into batter. Bake as directed. For frosting, in a medium mixing bowl beat ¼ cup margarine or butter till fluffy. Gradually

dd 1 cup sifted powdered sugar. Beat in 2 tablespoons green crème de menthe. Gradually beat in about ½ cup sifted powdered sugar to make of spreading consistency. Spread atop brownies. In a small heavy saucepan melt 1 square (1 ounce) semisweet chocolate over low heat. Let chocolate set, then cut into bars.

Nutrition facts per Fudge Brownie: 143 cal., 8 g total fat (2 g sat. fat), 27 mg chol., 75 mg sodium, 17 g carbo., 0 g fiber, 2 g pro.

CHOCOLATE GLAZE

In a saucepan cook and stir 3 tablespoons margarine or butter, 2 tablespoons unsweetened cocoa powder, and 2 tablespoons milk till mixture comes to a boil. Remove from heat. Stir in 1½ cups sifted powdered sugar and ½ teaspoon vanilla till smooth. Makes ⅔ cup.

Nutrition facts per teaspoon: 31 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 13 mg sodium, 5 g carbo., 0 g fiber, 0 g protein.

DECORATOR FROSTING

This frosting has a fluffy, thick texture.

In a large mixer bowl beat ⅔ cup margarine or butter with an electric mixer on medium speed 30 seconds to soften. Gradually add 4 cups sifted powdered sugar, beating well. Beat in 2 tablespoons milk, lemon juice, or orange juice, and 1 teaspoon vanilla. Frosting will be thick but easy to pipe.

To tint frosting, stir in food coloring for desired color. To use more than one color, divide frosting into small bowls; stir a different color into each bowl. Makes 2 cups.

Nutrition facts per teaspoon: 28 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 15 mg sodium, 4 g carbo., 0 g fiber, 0 g protein.

CONFECTIONERS' ICING

Use this icing to spread, drizzle, or pipe atop cookies. It will be thinner in consistency than the Decorator Frosting.

In a medium mixing bowl stir together 3 cups sifted powdered sugar and 1 tablespoon lemon juice or orange juice or other flavorings such as 1½ teaspoons vanilla, 1 teaspoon maple flavoring, or ½ teaspoon peppermint extract. Add enough milk to make of spreading or drizzling consistency.

To tint icing, stir in food coloring for desired color. To use more than one color, divide icing into small bowls and stir a different color into each bowl. Makes about 1 cup.

Nutrition facts per teaspoon: 26 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 1 mg sodium, 7 g carbo., 0 g fiber, 0 g protein.

DECORATING IDEAS FOR SOUR CREAM CUTOUTS AND ORANGE SPICE HOUSES

As shown on pages 176-177 and on the cover.

After the cookies have completely cooled, they are ready to be decorated. Prepare Decorator Frosting and Confectioners' Icing; divide each into bowls and tint as desired. (Paste food coloring gives more intense color and does not thin the icing or frosting as compared to liquid food coloring.) Also, gather the candies you plan to use for decorating. Organize the candies into little dishes according to kinds.

With a small clean paint brush (used for food only) or a thin flexible metal spatula, paint or spread Confectioners' Icing on cookies, if desired. Allow this base icing to slightly dry. Continue decorating by piping additional icing or frosting. Position the decorative candies or the sprinkles before the icing or frosting sets.

To pipe icing or frosting, use several pastry bags (try the disposable type). Fill each bag with a different color and fit with a small round tip or star tip. Or, spoon icing or frosting into a clean, sturdy plastic bag and snip a small hole in the corner of the bag to pipe.

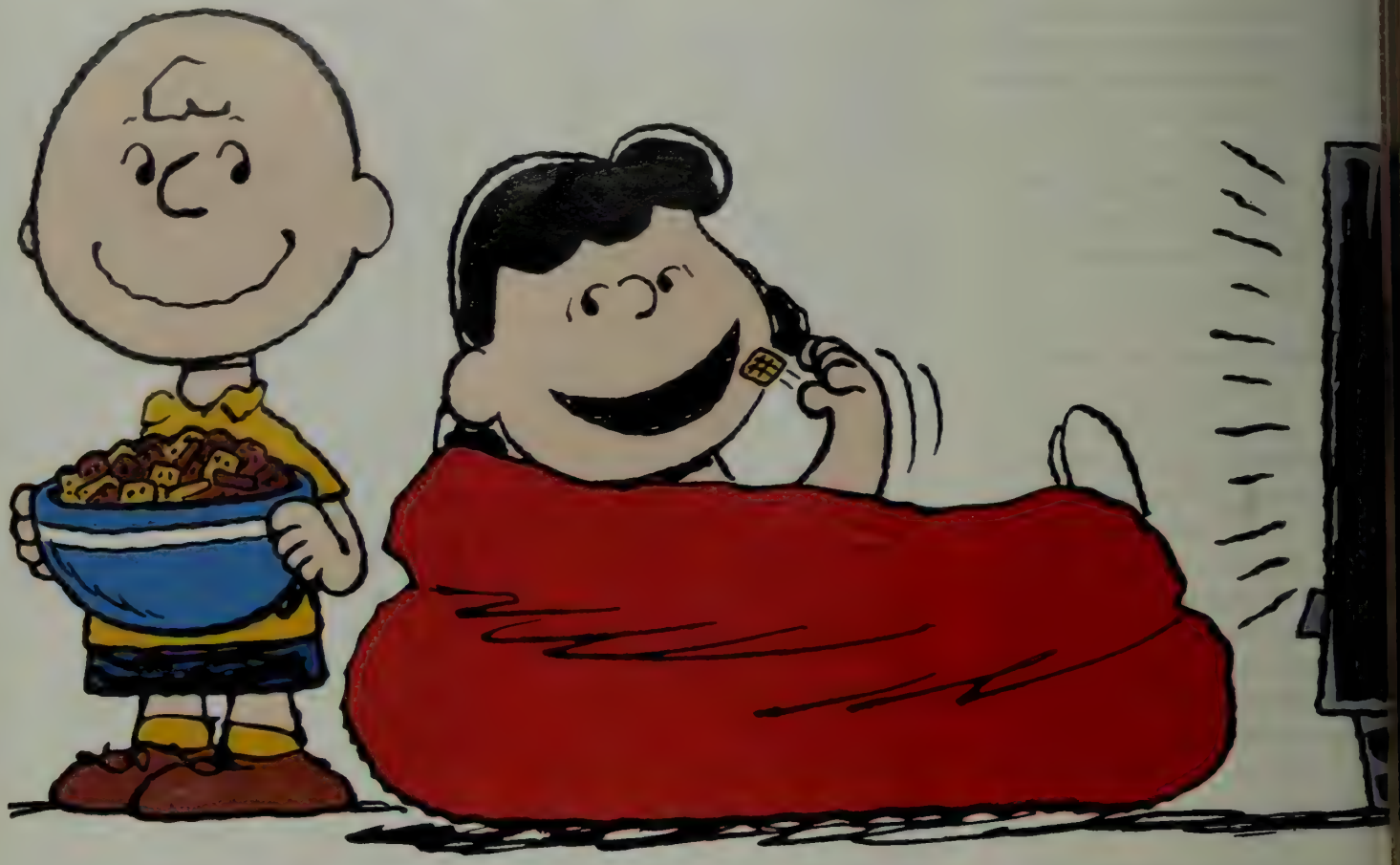
Simply measure out just what you need.



Stove Top® Stuffing in the Canister makes delicious recipes like Mushroom-Dill Chicken Rolls simple, because it's easy to measure out a little or a lot. So whether you enjoy it in a recipe or as a side dish, Stove Top® makes meals simply delicious.

You can never get enough Stove Top® stuffing.

"CHEX PARTY MIX IS SO EASY EVEN HE CAN MAKE IT."



CHEX PARTY MIX AS EASY AS 1, 2, 3.

1/4 cup (1/2 stick) margarine or butter, melted
1-1/4 teaspoons Lawry's® Seasoned Salt
4-1/2 teaspoons Lea & Perrins Worcestershire Sauce
8 cups of your favorite Chex® brand cereals (Corn, Rice and/or Whe
1 cup Planters® Mixed Nuts or Planters® Peanuts
1 cup Keebler® Butter Braids



1 In small bowl add seasoned salt and worcestershire sauce to melted margarine; mix well. Pour Chex® cereals, nuts and pretzels into large GLAD-LOCK® zipper bag.

2 Pour margarine mixture over cereal mixture inside zipper bag. Seal top of bag securely. Shake bag until all pieces are evenly coated.

3 Pour contents of bag into large microwave-safe bowl. Microwave on High 5 to 6 minutes, stirring every 2 minutes.* Spread on absorbent paper to cool. Store in airtight container.

Makes 9 cups.

Conventional oven:
1. Preheat oven to 250° F.
2. Follow steps 1 and 2 above.
3. Transfer mix to open roasting pan. Bake 1 hour, stirring every 15 minutes. Cool and store as directed above.

*Due to differences in microwave ovens, cooking time may need adjustment. These directions were developed using 625 to 700-watt ovens.

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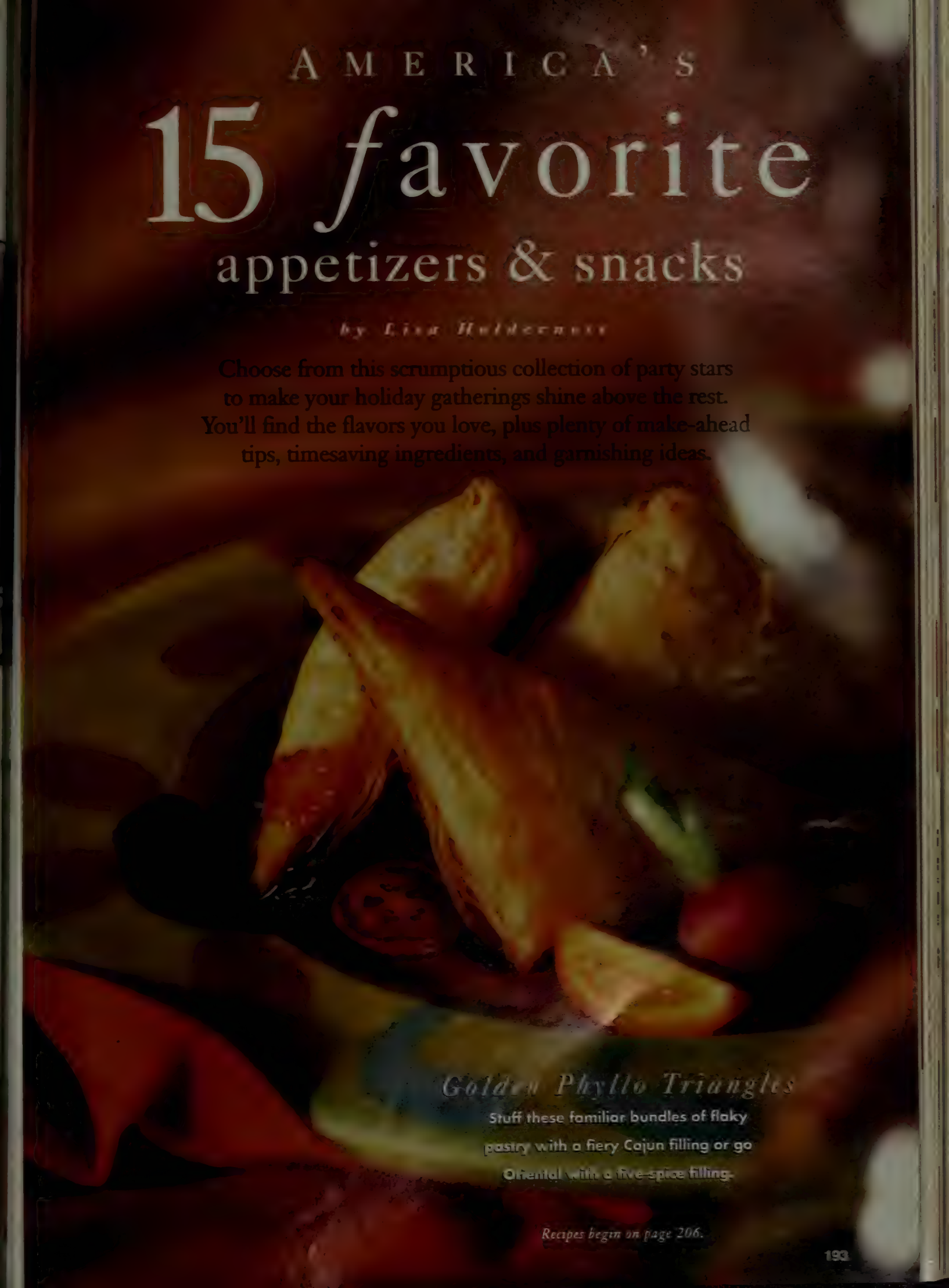


AMERICA'S

15 favorite appetizers & snacks

by Lisa Huldermann

Choose from this scrumptious collection of party stars to make your holiday gatherings shine above the rest. You'll find the flavors you love, plus plenty of make-ahead tips, timesaving ingredients, and garnishing ideas.



Golden Phyllo Triangles

Stuff these familiar bundles of flaky pastry with a fiery Cajun filling or go Oriental with a five-spice filling.

Recipes begin on page 206.

appetizers & snacks

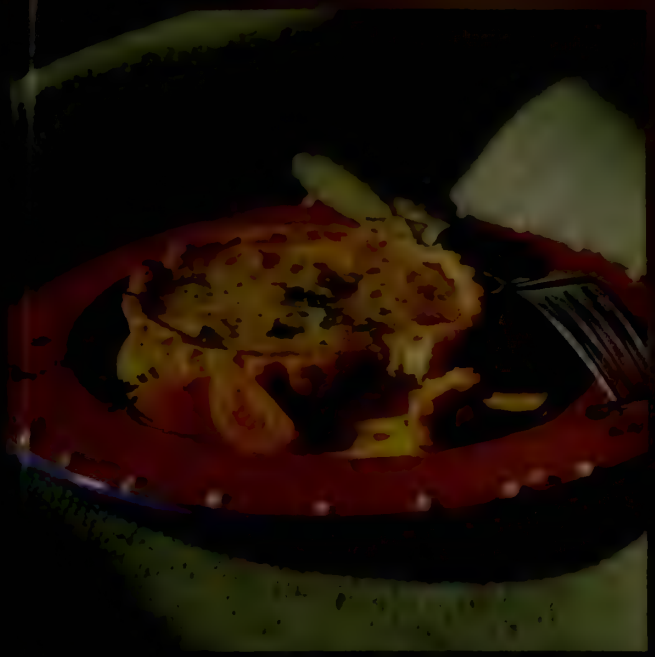


Smoked Salmon Quiches

No forks needed, these filled pastry cups are easy to serve at parties. Each bite is so rich and yummy, it will melt in your mouth.

Polynesian Meatballs

Chopped peanuts, cilantro, and red pepper update the classic sweet-and-sour meatball. Spear each meatball with a juicy pineapple wedge and brush with sweet-and-sour glaze.



Gorgonzola-Onion Tarts

A unique combination that's hard to beat—gutsy Gorgonzola cheese and caramelized onions in a quick-fix herb crust.



Swiss Fondue

Fondue is back. Swirl chunks of toasted bread or assorted vegetables in an irresistible blend of Swiss cheese and white wine.

Mini Pepperoni Calzones

Great pizza taste in minutes. Start with refrigerated pizza dough for this easy family-style snack.

Recipes begin on page 207.

appetizers & snacks



7-Layer Southwestern Dip

Scoop up layer after layer of bold Southwestern flavors with crunchy, homemade tortilla chips.

Bacon & Tomato Potato Skins

Everyone loves these restaurant appetizers. At home, pile on the toppings hours ahead, then heat for just before serving.



Recipes begin on page 217

White Bean Dip with Toasted Pita Chips

Similar to an old favorite, Mexican bean dip, this tangy Greek-style dip combines pureed white beans, toasted almonds, and lemon juice.

appetizers & snacks



Appetizer Cheesecake

Combine tempting cheesecake with savory Greek flavors—artichokes, feta cheese, olives, and oregano—for a sensational taste.



Jamaican Shrimp

A taste of the tropics, this marinated shrimp and mango combo, seasoned with Jamaican Jerk, offers a warm reprieve from brisk winter days.

Pastry-Wrapped Brie with Wild Mushrooms

Anticipate a stream of melted Brie and mushrooms as you slice into the golden puff pastry. Apples and pears make perfect cheese companions.

Recipes begin on page 220.



Bruschetta

All the rage in restaurants and homes across America, tomato- and olive-topped slices of crusty bread deliver plenty of hearty Italian taste.

BRUSCHETTA

To save time on the day of a party, make the toasts and toppings the day before. Just before serving, assemble the Bruschetta and heat through.

- 1 cup pitted ripe olives
- 2 tsp. balsamic or red wine vinegar
- 1 tsp. capers, drained
- 1 tsp. olive oil
- 2 cloves garlic, minced
- 2 medium red and/or yellow tomatoes, chopped (1 cup)
- ⅓ cup thinly sliced green onion
- 1 Tbsp. olive oil
- 1 Tbsp. fresh snipped basil or oregano or 1 tsp. dried basil or oregano leaves, crushed
- ⅛ tsp. pepper
- 1 8-oz. loaf French bread (baguette) with sesame seed
- 2 Tbsp. olive oil
- ½ cup grated or shredded Parmesan cheese

For the olive paste, in a blender container or food processor bowl combine olives, vinegar, capers, the 1 teaspoon olive oil, and garlic. Blend or process till a nearly smooth paste forms, stopping and pushing mixture down as necessary. If desired, cover and chill the mixture for up to 2 days.

For the tomato topper, in a small bowl stir together chopped tomatoes, green onion, the 1 tablespoon olive oil, basil or oregano, and pepper. If desired, cover and chill for up to 2 days.

For the toasts, cut bread into ½-inch-thick slices. Brush both sides of each slice lightly with the 2 tablespoons olive oil. Place on an ungreased baking sheet.

Bake toasts in a 425° oven about 5 minutes or till crisp and light brown, turning once. If desired, transfer the cooled toasts to a storage container. Cover and store the toasts at room temperature for up to 24 hours.

To assemble, spread each toast with a thin layer of olive paste. Top each with about 2 tablespoons tomato topper; sprinkle with Parmesan cheese. Return slices to the ungreased baking sheet.

Bake in a 425° oven for 2 to 3 minutes or till cheese starts to melt and toppings are heated through. Serve warm. Makes about 24.

Nutrition facts per Bruschetta: 62 cal., 4 g total fat (1 g sat. fat), 2 mg chol., 120 mg sodium, 6 g carbo., 0 g fiber, and 2 g pro. Daily Value: 1% vit. A, 3% vit. C, 3% calcium, and 2% iron.

continued on page 206

Introducing A New Soup Or A New Supper.



Here's a new soup that can help you make a terrific new dinner. From Pasta Primavera to Chicken Dijon. It may start as a soup, but it doesn't end there.

Campbell's. Never Underestimate The Power Of Soup.



Pasta Primavera

Prep Time: 10 min. Cook Time: 20 min.

- 1 can (10 3/4 oz.) Campbell's® NEW Cream of Chicken & Broccoli Soup
- 1/2 cup milk
- 1/4 cup grated Parmesan cheese
- 1/8 tsp. each garlic powder and pepper
- 2 cups broccoli flowerets
- 1 large carrot, cut into matchstick-thin strips
- 3 cups cooked spaghetti (about 6 oz. dry)

1. In 4-qt. saucepan, combine soup, milk, cheese, garlic powder and pepper; add broccoli and carrot. Heat to boiling, stirring occasionally. Cover; cook over low heat 5 min. or until vegetables are tender, stirring occasionally.
2. Add spaghetti. Heat through, stirring occasionally. Serves 3 to 4.



Chicken & Mushrooms Dijon

Prep Time: 15 min. Cook Time: 25 min.

- 2 tbsp. margarine
- 4 skinless, boneless chicken breast halves
- 1 1/2 cups broccoli flowerets
- 1 1/2 cups sliced mushrooms
- 1 can (10 3/4 oz.) Campbell's® NEW Cream of Chicken & Broccoli Soup
- 1/4 cup milk
- 2 tbsp. Dijon-style mustard

1. In skillet, in 1 tbsp. hot margarine, cook chicken 10 min. or until browned on both sides. Remove.
2. In remaining 1 tbsp. hot margarine, cook broccoli and mushrooms until tender and liquid is evaporated, stirring often.
3. Stir in soup, milk and mustard. Heat to boiling. Return chicken to skillet. Cover; cook over low heat 5 min. or until chicken is no longer pink, stirring occasionally. Serve with noodles. Serves 4.

American heritage desserts

America's best-loved desserts ring rich with history, sentiment, and flavor. Many of these hand-me-down recipes are welcome finales to holiday celebrations. This luscious sampling comes from the all-new *Better Homes and Gardens® Heritage of America Cookbook.*

BY LISA HOLDERNESS

Huguenot apple-pecan torte
The seventeenth century French Huguenots, who settled in South Carolina, were famed for their cooking. This French apple cake is still an American favorite.

Pralines
Named after the French aristocrat Cesar du Plessis-Pralin, brown sugar pralines are a mainstay in the South.

Southern pecan pie
Every Southern cook has a cherished pecan pie recipe. For double pecan flavor, this Georgian version calls for nuts in the crust and filling.

Recipes begin on page 228.



PHOTOGRAPHS: STEVEN MARK NEEDHAM

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EASY STREUSEL PUMPKIN PIE

- 2 PET-RITZ Deep Dish Pie Crusts, frozen*
- 2 eggs
- 1 can (16 oz.) solid pack pumpkin
- 1 can (12 fl. oz.) PET Evaporated Milk
- ¾ cup plus 2 tbsp. sugar, divided usage
- 3 tsp. pumpkin pie spice, divided usage
- ¼ cup chopped California walnuts

1. Preheat oven and baking sheet to 375°F.
2. In large bowl, using a wire whisk, whisk together eggs, pumpkin, milk, ¾ cup sugar and 2 tsp. spice. Pour filling into one frozen crust. Bake on preheated baking sheet 30 minutes.
3. While still frozen, crumble second crust into very small pieces; toss with remaining 2 tbsp. sugar, 1 tsp. spice and walnuts. Sprinkle topping evenly over pie. Bake an additional 30 to 40 minutes, or until knife inserted in center comes out clean. Cool. Serves 8.

*Note: For PET-RITZ Regular Pie Crusts, use 4 crusts to make 2 pies. Bake pies an additional 20 minutes after sprinkling with streusel topping. Serves 12.

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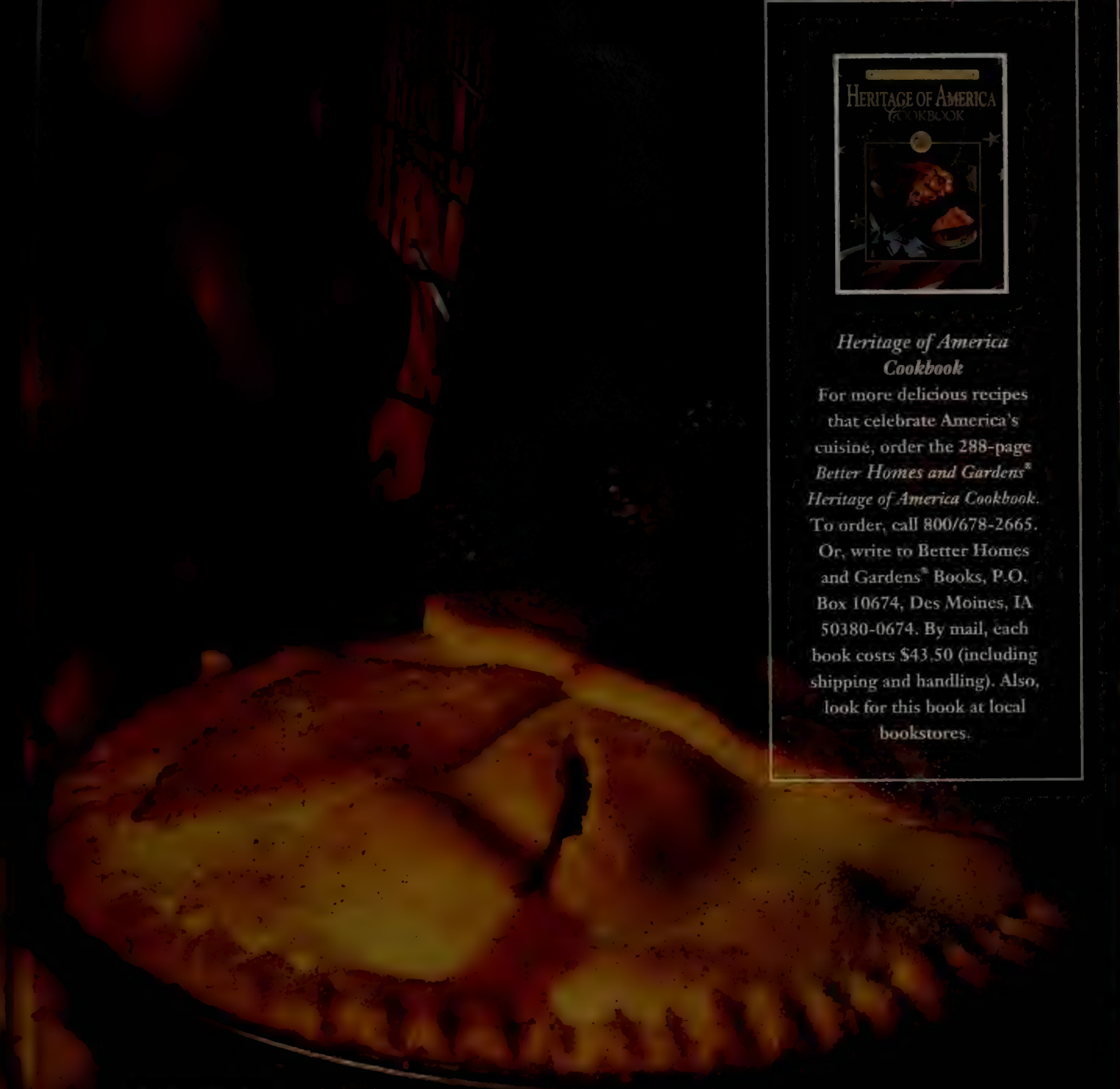
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American heritage desserts



Blackberry pie with hazelnut glaze
The pioneers couldn't resist the sweet-tangy flavor of blackberries. With visions of steaming-hot pie in mind, they would scour the land for these juicy morsels. If you can't find fresh berries for this pie, frozen berries work fine.



Apple-cherry pie

As America became the world's most important apple-producing nation, the apple pie became the symbol of American cooking. This flaky, double-crust pie combines apples with another of our nation's popular fruits.

Recipes begin on page 230.

Heritage of America Cookbook

For more delicious recipes that celebrate America's cuisine, order the 288-page *Better Homes and Gardens® Heritage of America Cookbook*. To order, call 800/678-2665. Or, write to Better Homes and Gardens® Books, P.O. Box 10674, Des Moines, IA 50380-0674. By mail, each book costs $43.50 (including shipping and handling). Also, look for this book at local bookstores.

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of the points over the filling so it lines up with the other side of the strip, forming a triangle. Continue folding like a flag in a triangular shape, using the entire strip of phyllo dough. Repeat 5 more times with the remaining sheets of phyllo dough, margarine or butter, and fillings.

At this point, you can place the unbaked triangles in a covered freezer container and freeze for up to 2 months. Place triangles (if frozen, do not thaw) on a baking sheet, then brush with the additional melted margarine or butter. Bake in a 375° oven for 15 minutes or till golden. Serve warm with Apricot Dipping Sauce, if desired. Makes 36 appetizers.

Cajun Pork Filling: In a medium skillet cook 8 ounces ground pork till no longer pink; drain. Add 1 teaspoon Cajun seasoning; cook 1 minute more. Stir in ½ cup soft-style cream cheese, ⅓ cup shredded carrot, and a few dashes bottled hot pepper sauce. Mix well. Makes about 1 cup filling.

Five-Spice Beef Filling: In a medium skillet cook 8 ounces ground beef and ¼ cup finely chopped onion till beef is no longer pink and onion is tender; drain. Add 1 teaspoon five-spice powder and cook mixture for 1 minute more. Stir in 3 tablespoons apricot preserves, 1 egg yolk, and 1 tablespoon vinegar. Makes about 1 cup filling.

Appetizers & Snacks

continued from page 200

GOLDEN PHYLLO TRIANGLES

If you would like to use only one of the fillings, double the filling recipe.

- 12 sheets frozen phyllo dough, thawed (18x14-inch sheets)
- ½ cup margarine or butter, melted
- 1 recipe Cajun Pork Filling
- 1 recipe Five-Spice Beef Filling
- Additional melted margarine or butter
- 1 recipe Apricot Dipping Sauce (optional)

Lightly brush 1 sheet of phyllo dough with some of the melted margarine or butter. Place another sheet of phyllo dough on top of the first sheet, then brush with margarine or butter. Cover remaining phyllo with a damp towel to keep moist; set aside.

Cut the 2 layered sheets crosswise into 6 equal strips. For each triangle, spoon 1 rounded teaspoon of the Cajun Pork Filling or Five-Spice Beef Filling about 1 inch from one end of one of the strips. Starting at the same end of the phyllo strip, fold one

Take It Easy Monday

Chicken 'N Gravy

Preparation Time: 14 minutes Cooking Time: 45 minutes

- 1 Reynolds Oven Bag, large size (14" x 20")
- 2 tablespoons flour
- 1 pkg. (3/4 to 1 oz.) chicken gravy mix
- 1/4 teaspoon garlic powder
- 1-1/2 cups water
- 6 skinless chicken p
- Seasoned salt & p
- 4 medium carrots, s
- 2 stalks celery, slice

- **Preheat** oven to 350° F.
- **Shake** flour in Reynolds Oven Bag; place in 13x9x2-inch baking p
- **Add** gravy mix, garlic powder and water. Squeeze bag to blend in ents. Sprinkle chicken with seasoned salt and pepper; place in ba
- **Place** carrots and celery in bag around chicken.
- **Close** bag with nylon tie; cut 6 half-inch slits in top.
- **Bake** until chicken is tender, 45 to 50 minutes. Makes: 4 servings.





Sunshine Barbecue Chicken

Preparation Time: 6 minutes Cooking Time: 45 minutes

nolds Oven Bag,
size (14" x 20")
spoons flour
1 cup barbecue sauce
1/4 cup orange juice
8 skinless chicken pieces

at oven to 350° F.
flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan.
arbecue sauce and orange juice to bag. Squeeze bag to blend
ients. Add chicken to bag. Turn bag to coat chicken with sauce.
ge chicken in an even layer.
bag with nylon tie; cut 6 half-inch slits in top.
until chicken is tender, 45 to 50 minutes. To serve, stir sauce;
over chicken. Makes: 4 servings.

on information per serving: 251 calories, 7 grams fat (25% total calories).

Make It Easy Wednesday

In a medium mixing bowl combine egg, bread crumbs, cilantro or parsley, garlic, red pepper, and ¼ teaspoon salt. Add the beef and peanuts. Mix well. Shape into 1-inch meatballs. Place in a 15x10x1-inch shallow baking pan. Bake in a 350° oven for 20 minutes or till no longer pink. Drain. Remove from oven. (To make ahead, cool meatballs, then cover and chill for up to 48 hours.)

Thread a pineapple or papaya chunk and a meatball on a wooden toothpick. Return to the shallow baking pan. Repeat with remaining fruit and meatballs. Brush with some of the Sweet-and-Sour Sauce. Bake 5 to 8 minutes more or till heated through. (For chilled meatballs, bake 10 minutes.) In a small saucepan heat remaining sauce till bubbly. Brush meatballs and fruit with additional sauce before serving. Serve any remaining sauce in a bowl alongside meatballs. Makes 36 appetizer skewers.

Sweet-and-Sour Sauce: In a small saucepan stir together ½ cup packed brown sugar and 4 teaspoons cornstarch. Stir in ½ cup chicken broth; ⅓ cup red wine vinegar; 2 tablespoons corn syrup; 2 tablespoons soy sauce; 1 clove garlic, minced; and 2 teaspoons grated gingerroot. Cook and stir till thickened and bubbly. Cook 2 minutes more. Use immediately or cover and

continued on page 208

Apricot Dipping Sauce: In a 1-cup glass measure combine ½ cup apricot preserves and 1 tablespoon hoisin sauce. Stir in 1 tablespoon thinly sliced green onion and 2 to 3 fresh or bottled kumquats, thinly sliced and seeded, or ½ teaspoon finely shredded orange peel. Micro-cook on 100% power (high) for 45 to 60 seconds or till bubbly. Stir before serving. Serve warm with Golden Phyllo Triangles. Makes ⅓ cup.

Nutrition facts per triangle with Cajun Pork Filling: 81 cal., 6 g total fat (2 g sat. fat), 13 mg chol., 83 mg sodium, 5 g carbo., 0 g fiber, 3 g pro.

POLYNESIAN MEATBALLS

- 1 beaten egg
- ¼ cup fine dry bread crumbs
- 2 Tbsp. snipped fresh cilantro or parsley
- 2 cloves garlic, minced
- ⅛ tsp. ground red pepper
- 1 lb. lean ground beef
- ¼ cup finely chopped peanuts
- 1 fresh pineapple or 2 papayas, peeled and cut into bite-size chunks, or one 20-oz. can pineapple chunks (juice pack), drained
- 1 recipe Sweet-and-Sour Sauce or 1¼ cups bottled sweet-and-sour sauce

Oh, So Easy Thursday

Saucy Beef Over Rice

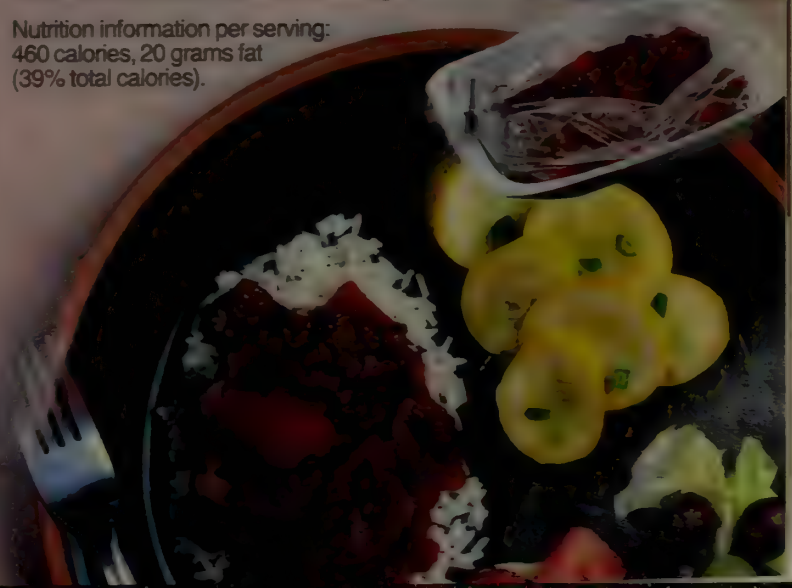
Preparation Time: 12 minutes Cooking Time: 40 minutes

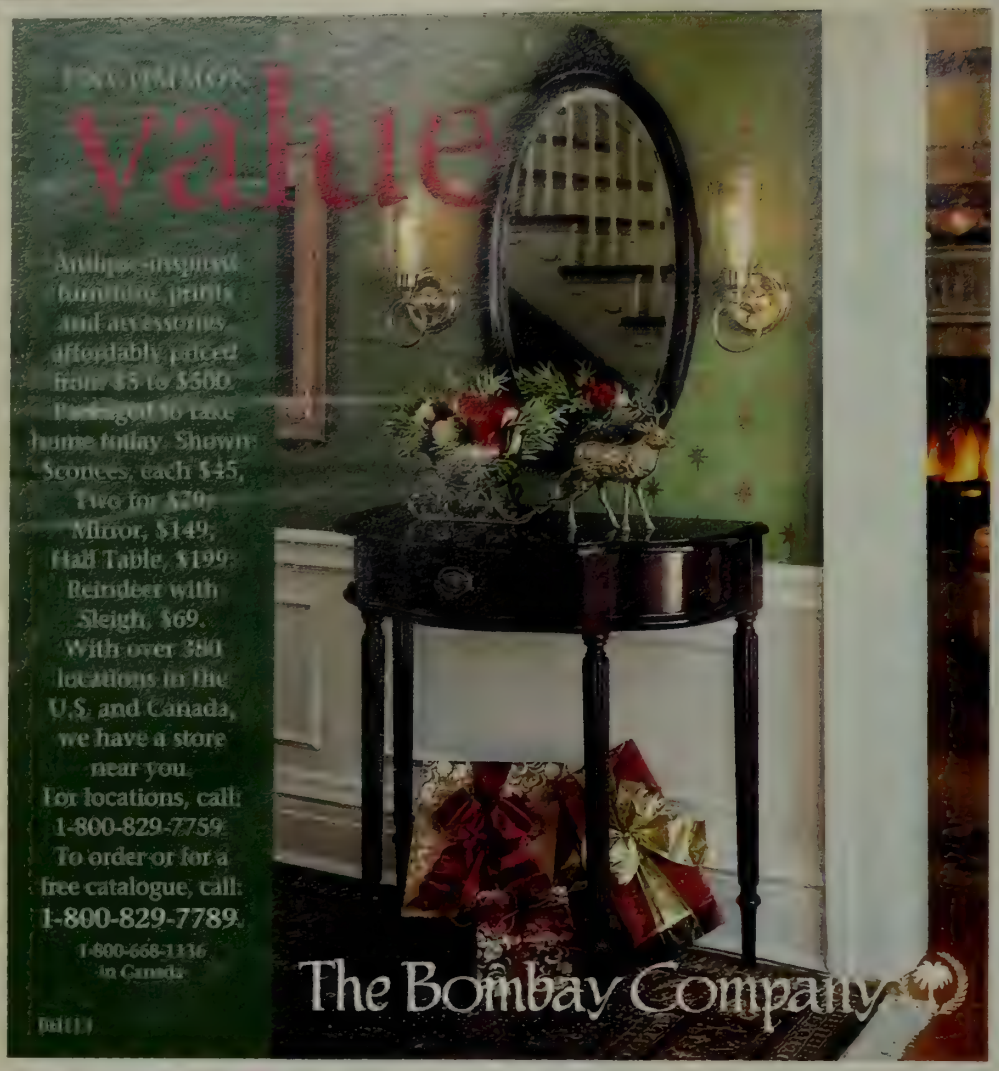
1 Reynolds Oven Bag, large size (14" x 20")
2 tablespoons flour
1 can (14-1/2 oz.) stewed tomatoes
1 envelope onion soup mix
1/2 cup water
1/4 teaspoon pepper
1 pound beef sirloin steak, cut in thin strips
2 cups hot cooked rice

- **Preheat** oven to 350° F.
- **Shake** flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan.
- **Add** undrained tomatoes, soup mix, water and pepper to bag. Squeeze bag to blend ingredients. Add beef strips to bag. Turn bag to coat beef with sauce. Arrange ingredients in an even layer.
- **Close** bag with nylon tie; cut 6 half-inch slits in top.
- **Bake** until beef is tender, 40 to 45 minutes.
- **Serve** over hot rice. Makes: 4 servings.



Nutrition information per serving:
460 calories, 20 grams fat
(39% total calories).







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Appetizers & Snacks

continued from page 207

chill for up to 1 week. If chilled, heat through before using. Makes about 1¼ cups.

Nutrition facts per appetizer skewer: 59 cal., 2 g total fat (1 g sat. fat), 14 mg chol., 102 mg sodium, 7 g carbo., 0 g fiber, 3 g pro. Daily Value: 0% vit. A, 3% vit. C, 0% calcium, 3% iron.

SMOKED SALMON QUICHES

- ⅛ cup chopped fresh mushrooms
- 1 Tbsp. finely chopped green onion
- 1 tsp. lemon juice
- 1 tsp. margarine or butter
- 3 egg yolks
- ½ cup milk
- 1 3-oz. pkg. thinly sliced smoked salmon (lox-style), cut up
- 1 recipe Swiss Cheese Pastry (see recipe, page 214)
- Fresh dill sprigs (optional)

In a skillet cook mushrooms, onion, and lemon juice in hot margarine or butter 2 to 3 minutes or till vegetables are tender. Remove from heat; drain any excess liquid.

In a small mixing bowl beat egg yolks slightly. Stir in milk. Stir in mushroom mixture and salmon. Cover and chill for 30 minutes.

On a lightly floured surface roll Swiss Cheese Pastry into a 16-inch circle. Using a 3-inch biscuit cutter, cut pastry into 18 rounds. Fit rounds into generously greased 1¾-inch muffin cups, pleating dough, as necessary, to fit. Fill each pastry cup with a scant tablespoon of filling.

Bake in a 375° oven 35 minutes. Cool in pan for 5 minutes. Remove from pans. Top with dill sprigs. Serve warm. Makes 18 quiches.

Nutrition facts per quiche: 85 cal., 6 g total fat (2 g sat. fat), 38 mg chol., 80 mg sodium, 6 g carbo., 0 g fiber, 3 g pro. Daily Value: 6% vit. A.

continued on page 214

Better Homes and Gardens®

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From The Editors of *Better Homes and Gardens* Decorative Woodcrafts™ magazine

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¼ cup margarine or butter
1 Tbsp. brown sugar
1 tsp. vinegar
2 medium onions, quartered lengthwise and thinly sliced (about 1⅓ cups)
4 oz. Gorgonzola or blue cheese, crumbled (1 cup)
2 eggs
¼ tsp. white or black pepper
⅓ cup half-and-half or light cream
3 Tbsp. dry white wine or chicken broth
2 Tbsp. snipped fresh parsley

Prepare piecrust mix according to package directions except stir chervil or marjoram into dry ingredients. Roll dough into a ball. Divide dough into 8 pieces. Place each piece of dough into a greased 4-inch tart pan with a removable bottom.* Using your fingers, press dough in the bottom and up the sides of each tart pan. Line pastry in each tart pan with heavy foil or a double thickness of regular foil. Place on a baking sheet. Bake in a 425° oven for 5 minutes. Remove foil. Continue baking for 5 to 7 minutes or till pastry is nearly done. Transfer baking sheet to a wire cooling rack. Decrease oven temperature to 375°.

Meanwhile, for filling, in a large skillet combine margarine or butter, brown sugar, and vinegar. Cook

Appetizers & Snacks

continued from page 208

SWISS CHEESE PASTRY

1 cup all-purpose flour
1 Tbsp. snipped fresh dill or ½ tsp. dried dillweed
⅓ cup shortening
¼ cup shredded Swiss cheese
2 to 3 Tbsp. cold water

In a mixing bowl combine flour, dill, and ¼ teaspoon salt. With a pastry blender or 2 forks, cut in shortening till the pieces are the size of small peas. Stir in cheese. Sprinkle 1 tablespoon of the water over part of the mixture and gently toss with a fork. Push dough to the side of the bowl. Repeat, adding enough of the remaining water till all is moistened. Form dough into a ball. Use for the Smoked Salmon Quiches.

GORGONZOLA-ONION TARTS

1 11-oz. pkg. piecrust mix
1 tsp. dried chervil or marjoram leaves, crushed





SWISS FONDUE

Nutty-sweet Emmentaler and smooth-melting Gruyère, both Swiss-type cheeses, combine with cherry-flavored kirsch in this favorite hot cheese dip.

- 3 cups shredded Gruyère or Swiss cheese
- 2 cups shredded Emmentaler, Gruyère, or Swiss cheese
- 3 Tbsp. all-purpose flour
- Herb bread or French bread, cut into 1-inch cubes; pre-cooked broccoli or cauliflower flowerets*; and/or bias-sliced carrots
- 1½ cups dry white wine
- ¼ cup milk
- 2 Tbsp. kirsch or dry sherry
- ⅛ tsp. ground nutmeg
- ⅛ tsp. white pepper
- Paprika (optional)

Bring shredded cheeses to room temperature; toss with flour and set aside. If using bread cubes, place on a baking sheet; toast in a 350° oven for 5 to 7 minutes or till crisp and toasted; set aside.

In a large saucepan heat wine over medium heat till small bubbles rise to the surface. Just before wine

continued on page 216

and stir over medium heat about 1 minute or just till blended. Add onions. Cook, uncovered, over low heat for 10 to 12 minutes or till onions are tender and light brown, stirring occasionally.

In a mixing bowl beat cheese, eggs, and pepper with an electric mixer on low speed till combined (cheese will still be lumpy). Stir in onion mixture, half-and-half or cream, and wine, mixing well with a spoon.

Ladle filling equally into the 8 prebaked crusts on baking sheet. Sprinkle with parsley. Carefully return filled pans on the baking sheet to a 375° oven. Bake for 20 to 25 minutes or till tarts are slightly puffed and a knife inserted near centers comes out clean. Let cool 15 minutes on a wire rack. Carefully remove sides. Serve warm. Makes 8 tarts (16 appetizer servings).

*Note: For one large tart, prepare piecrust mix according to package directions except use ½ package (1⅓ cups) piecrust mix and stir ½ teaspoon dried chervil or marjoram, crushed, into dry ingredients. Roll crust on a lightly floured surface to an 11-inch circle. Fit into a 9-inch tart pan and trim edges. Prebake crust as above; bake tart in a 375° oven about 20 minutes or till a knife inserted near center comes out clean.

Nutrition facts per appetizer serving: 198 cal., 14 g total fat (4 g sat. fat), 33 mg chol., 283 mg sodium, 13 g carbo., 0 g fiber, 4 g pro. Daily Value: 6% vit. A.



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continued from page 215

boils, reduce the heat to low and stir in the cheese mixture, a little at a time, stirring constantly and making sure the cheese is melted before adding more. Stir till the mixture bubbles gently.

Stir in milk, kirsch or sherry, nutmeg, and white pepper. Transfer cheese mixture to a fondue pot. Keep mixture bubbling gently over a fondue burner.** Sprinkle with paprika, if desired. Serve with toasted bread cubes, broccoli or cauliflower flowerets, and/or carrots for dippers. Makes 3 cups fondue (12 appetizer servings).

*Note: To precook the broccoli or cauliflower flowerets, in a saucepan bring a small amount of water to boiling. Add broccoli or cauliflower and simmer, covered, for 3 minutes or till crisp-tender. Drain and rinse with cold water.

**Note: If mixture becomes too thick, stir in a little more milk.

Nutrition facts per serving with toasted bread cubes: 322 cal., 16 g total fat (9 g sat. fat), 49 mg chol., 341 mg sodium, 21 g carbo., 1 g fiber, 18 g pro. Daily Value: 15% vit. A, 0% vit. C, 42% calcium, 8% iron.

MINI PEPPERONI CALZONES

- 1 10-oz. pkg. refrigerated pizza dough
- 1 recipe Pepperoni Pizza Filling
- 1 beaten egg
- 2 tsp. water
- 2 to 3 Tbsp. shredded Parmesan cheese (optional)

Unroll pizza dough. On a lightly floured surface roll dough into a 15-inch square. Cut into twenty-five 3-inch squares. Spoon a slightly rounded teaspoon of Pepperoni Pizza Filling atop each dough square. Brush edges of each dough square with water. Lift one corner of each square and stretch dough over the filling to the opposite corner, making a triangle. Press edges together and seal well with fingers or a fork.

Arrange calzones on a greased baking sheet. Prick tops with a fork. Combine the egg and water. Brush calzones with egg mixture.

Bake in a 425° oven for 10 to 12 minutes or till golden. During the last 3 minutes of baking time, sprinkle with shredded Parmesan cheese, if desired. Let stand for 5 minutes before serving. Makes 25 calzones.

Pepperoni Pizza Filling: In a small bowl stir together ⅓ cup finely chopped pepperoni, ¼ cup finely chopped green pepper, ¼ cup pizza sauce, 2 tablespoons finely chopped



onion, and ½ teaspoon dried Italian seasoning, crushed. Use immediately or cover and chill for up to 24 hours. Makes ¾ cup filling.

Nutrition facts per Mini Pepperoni Calzone: 43 cal., 2 g total fat (1 g sat. fat), 10 mg chol., 99 mg sodium, 5 g carbo., 0 g fiber, 2 g pro. Daily Value: 1% vit. A, 3% vit. C, 1% calcium, 6% iron.

Mini Broccoli Calzones: Prepare Mini Pepperoni Calzones as directed except use the following broccoli filling. In a small bowl stir together ½ cup finely chopped broccoli, ⅓ cup soft-style cream cheese with chives and onion, 2 tablespoons diced pimiento, 1 tablespoon grated Parmesan cheese, ½ teaspoon finely shredded lemon peel, and dash pepper. Use immediately or cover and chill for up to 24 hours. Makes ⅔ cup filling.

Nutrition facts per Mini Broccoli Calzone: 39 cal., 2 g total fat (1 g sat. fat), 12 mg chol., 55 mg sodium, 5 g carbo., 0 g fiber, 1 g pro. Daily Value: 1% vit. A, 3% vit. C, 0% calcium, 2% iron.

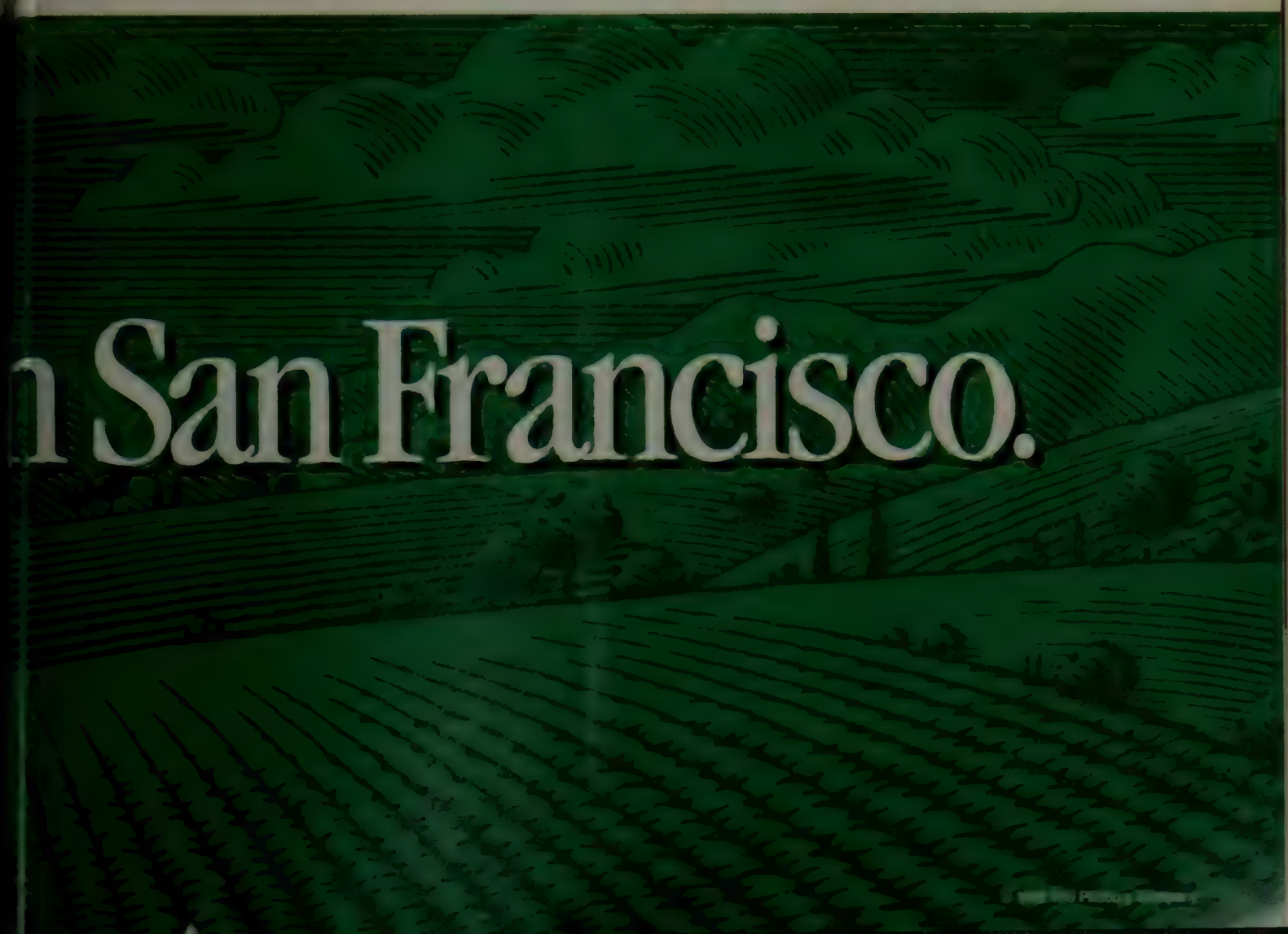
BACON & TOMATO POTATO SKINS

- 6 large baking potatoes
- 2 tsp. cooking oil
- 1 tsp. chili powder
- Several dashes bottled hot pepper sauce
- ⅓ cup chopped Canadian-style bacon or chopped, cooked turkey bacon
- 1 medium tomato, finely chopped
- 2 Tbsp. finely chopped green onion
- 4 oz. cheddar cheese or lower-fat cheddar cheese, shredded (1 cup)
- ½ cup dairy sour cream (optional)

Scrub potatoes thoroughly and prick with a fork. Arrange on a microwave-safe plate. Micro-cook, uncovered, on 100% power (high) for 17 to 22 minutes or till almost tender, rearranging once. (Or, bake potatoes in a 425° oven for 40 to 45 minutes or till tender.) Cool.

Halve each potato lengthwise. Scoop out the inside of each potato half, leaving about a ¼-inch-thick shell. Cover and chill the leftover fluffy white part of potatoes for another use. Combine the cooking oil, chili powder, and hot pepper sauce. With a pastry brush, brush the insides of the potato halves with the oil mixture. Cut the potato halves in half lengthwise. Return to the baking sheet. Sprinkle potato quarters with bacon, tomato, and green onion. Top with cheese. To make ahead, cover and chill for up to 24 hours.

continued on page 218



continued from page 217

Bake in a 450° oven for 10 to 12 minutes or till cheese is melted and potato quarters are heated through. Serve with sour cream, if desired. Makes 24 wedges.

Nutrition facts per potato wedge: 70 cal., 2 g total fat (1 g sat. fat), 8 mg chol., 107 mg sodium, 9 g carbo., 0 g fiber, and 3 g pro. Daily Value: 2% vit. A, 13% vit. C, 3% calcium, and 1% iron.

7-LAYER SOUTHWESTERN DIP

- 3 cups shredded lettuce
- 1 15-oz. can black beans, rinsed and drained
- ½ cup chopped red and/or yellow sweet pepper
- ¼ cup sliced green onions
- 1 8-oz. carton dairy sour cream or lower-fat dairy sour cream
- 2 finely chopped jalapeño peppers
- 1 tsp. shredded lime peel
- 1 8-oz. jar (1 cup) chunky salsa
- ½ of a medium avocado, halved, seeded, peeled, and coarsely chopped
- ⅔ cup shredded cheddar cheese, Monterey Jack cheese, or lower-fat cheddar cheese
- ⅓ cup chopped pitted ripe olives
- 1 Tbsp. snipped fresh cilantro or parsley (optional)
- 1 recipe Homemade Tortilla Chips or one 16-oz. pkg. tortilla chips

Line a 12-inch platter with the shredded lettuce. Stir together black beans, sweet pepper, and green onion. Spoon atop lettuce, leaving a lettuce border. Dollop sour cream atop bean mixture; gently spread in a smooth layer atop beans, leaving a border. Sprinkle with jalapeño pepper and lime peel.

Drain excess liquid from salsa. Stir in avocado; spoon atop sour cream layer, leaving a border. Sprinkle cheese atop. Top with a layer of chopped ripe olives and sprinkle with cilantro or parsley, if desired. Serve immediately or cover and chill for up to 6 hours. Serve with Homemade Tortilla Chips or purchased chips. Makes about 32 appetizer servings.

Homemade Tortilla Chips: Cut ten 6-inch flour tortillas into wedges. Place in single layers on ungreased baking sheets. Bake in a 350° oven about 10 to 15 minutes or till dry and crisp.

Nutrition facts per appetizer serving: 66 cal., 4 g total fat (2 g sat. fat), 6 mg chol., 87 mg sodium, 7 g carbo., 1 g fiber, 3 g pro. Daily Value: 7% vit. A, 15% vit. C, 4%-calcium.



WHITE BEAN DIP WITH TOASTED PITA CHIPS

- ¼ cup soft bread crumbs
- 2 Tbsp. dry white wine or water
- 1 red and/or yellow sweet pepper (optional)
- 1 15- to 19-oz. can cannellini beans or great northern beans, drained and rinsed
- ¼ cup toasted slivered almonds
- 3 cloves garlic, minced
- 2 Tbsp. lemon juice
- 2 Tbsp. olive oil (preferably extra-virgin)
- ¼ tsp. salt
- ⅛ tsp. ground red pepper
- 2 tsp. snipped fresh oregano or basil or ½ tsp. dried oregano or basil, crushed
- Purple kale leaves (optional)
- Fresh basil or oregano leaves (optional)
- 1 recipe Toasted Pita Chips

Combine bread crumbs and wine or water; set aside to soak. Cut sweet pepper into triangles or 1-inch-wide strips, if desired; set aside.

In a food processor bowl or blender container combine beans, almonds, garlic, lemon juice, olive oil, salt, and ground red pepper. Cover and process or blend till almost smooth. Add bread crumb mixture. Blend till smooth. Stir in the 2 teaspoons oregano or basil. Cover and chill for several hours or overnight to blend flavors.

To serve, place in a bowl lined with kale leaves; sprinkle with fresh basil or oregano leaves, if desired.

Serve with sweet pepper shapes and Toasted Pita Chips. Makes 2 cups dip (32 servings).

Nutrition facts per serving of dip: 22 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 23 mg sodium, 2 g carbo., 1 g fiber, 1 g pro. Daily Value: 0% vit. A, 1% vit. C, 0% calcium, 1% iron.

TOASTED PITA CHIPS

- 5 large pita bread rounds, split in half horizontally
- 2 Tbsp. cooking oil or melted margarine
- Paprika (optional)

Using small star and circle cookie cutters cut pita round halves into stars and circles. (Or, with a knife, cut each pita round half into 6 wedges.) Arrange in a single layer on baking sheets. Brush pita shapes lightly with oil or margarine and sprinkle with paprika, if desired.

Bake in a 350° oven for 12 to 15 minutes or till crisp and golden brown. Makes about 60 pita chips.

Nutrition facts per pita chip: 13 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 18 mg sodium, 2 g carbo., 0 g fiber, 0 g pro. Daily Value: 0% vit. A, 0% vit. C, 0% calcium, 0% iron.

continued on page 220



continued from page 219

APPETIZER CHEESECAKE

¼ cup margarine or butter, melted
6 sheets frozen phyllo dough (18x14-inch sheets), thawed
½ of a 6-oz. jar marinated artichoke hearts
3 8-oz. pkg. cream cheese, softened
1¼ cups crumbled feta cheese (5 oz.)
½ tsp. dried oregano, crushed
¼ tsp. garlic powder
3 eggs
¼ cup sliced green onions
Plum tomato slices (optional)
Whole Greek or ripe olives (optional)
Fresh basil leaves (optional)

Brush bottom and sides of a 9-inch springform pan with some of the margarine or butter. Cut sheets of phyllo into 13-inch rounds. Ease one sheet in pan off-center so that phyllo extends 3 inches up sides of pan. Brush with margarine or butter. Repeat with remaining phyllo and margarine or butter, placing sheets off-center to cover bottom and sides of pan. Make 2 slits in the center of phyllo for steam to escape.

Bake in a 400° oven 9 to 10 minutes or till lightly golden. Cool on a wire rack. Decrease oven to 325°.

Drain and chop artichokes, reserving 2 tablespoons of the marinade. Set aside.

In a large mixer bowl beat cream cheese till smooth. Add feta, oregano, and garlic powder. Beat well. Add eggs; beat just till blended. *Do not overbeat.* Stir in artichoke hearts, reserved marinade, and onion. Pour into crust. Bake in a 325° oven 35 to 40 minutes or till center is soft set and sides stay firm when gently shaken. Cool.

Cover; chill for 2 hours or up to 24 hours. Serve slightly chilled or at room temperature. To serve, remove from pan; top with plum tomato slices, whole olives, and basil leaves, if desired. Cut into wedges. Makes 14 appetizer servings.

Nutrition facts per appetizer serving: 307 cal., 27 g total fat (15 g sat. fat), 120 mg chol., 501 mg sodium, 9 g carbo., 0 g fiber, 9 g pro. Daily Value: 31% vit. A, 2% vit. C, 13% calcium, 8% iron.

PROBLEM.

"I'm having special friends over... so I want special appetizers."

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JAMAICAN SHRIMP

Jamaican cooks usually use Scotch bonnet peppers instead of jalapeño peppers in their spicy dishes. These can be substituted in this recipe, if available, but keep in mind that they are very hot.

2 lb. fresh or frozen large shrimp in shells
¼ cup salad oil
3 Tbsp. white wine vinegar
2 Tbsp. lime juice
1 jalapeño pepper, seeded and finely chopped

1 Tbsp. honey
2 tsp. Jamaican Jerk Seasoning*
1 medium mango, peeled, pitted, sliced, and halved crosswise
1 small lime, halved lengthwise and sliced
1 small red onion, quartered and thinly sliced

In a large saucepan cook fresh or frozen shrimp, uncovered, in lightly salted boiling water for 1 to 3 minutes or till shrimp turn pink. Drain immediately and cool. Peel shrimp, leaving tails intact; devein. Place shrimp in a heavy plastic bag. At this point, you can seal the bag and chill for up to 24 hours.

For marinade, in a screw-top jar combine salad oil, white wine vinegar, lime juice, jalapeño pepper, honey, and the Jamaican Jerk Seasoning. Cover and shake well to mix; pour over shrimp in plastic bag. Cover and chill for 1 hour, turning bag occasionally.

To serve, drain shrimp, reserving marinade. In a large serving bowl, layer shrimp, mango, lime slices, and onion, repeating till all are used. Drizzle reserved marinade atop. Makes 10 to 12 appetizer servings.

*Note: To make your own *Jamaican Jerk Seasoning*, combine 2 teaspoons onion powder, 1 teaspoon sugar, 1 teaspoon ground thyme, 1 teaspoon salt, ½ teaspoon ground allspice, ¼ teaspoon ground cinnamon, and ¼ teaspoon ground red pepper.

Nutrition facts per appetizer serving: 102 cal., 3 g total fat (1 g sat. fat), 105 mg chol., 334 mg sodium, 7 g carbo., 1 g fiber, 11 g pro. Daily Value: 12% vit. A, 18% vit. C, 2% calcium, 13% iron.

PASTRY-WRAPPED BRIE WITH WILD MUSHROOMS

1½ cups sliced mixed fresh mushrooms (such as shiitake, oyster, button, and brown mushrooms)
2 tsp. margarine or butter
1 Tbsp. dry sherry, dry red wine, or beef broth
1 tsp. Worcestershire sauce
¼ tsp. snipped fresh tarragon or chervil or ⅛ tsp. dried tarragon or chervil leaves, crushed
Dash pepper
2 Tbsp. fine dry bread crumbs
1 17 ¼-oz. pkg. frozen puff pastry (2 sheets), thawed
2 3¼- or 4¼-inch rounds Brie (8 oz. each)
1 beaten egg
1 Tbsp. water
Apple and pear wedges (optional)

For mushroom filling, in a medium skillet cook mushrooms in hot margarine or butter till tender. Stir in the sherry, red wine, or broth; Worcestershire sauce; herb; and pepper. Cook, uncovered, 1 minute more or till liquid is evaporated, stirring occasionally. Remove from heat. Stir in bread crumbs. Cool.

continued on page 222



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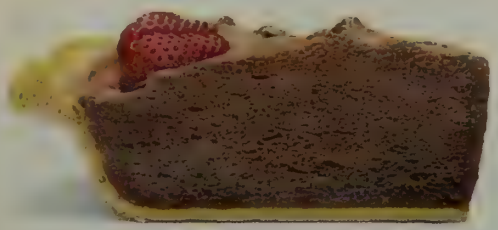
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Cream Pie

vs.



Dream Pie

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2 envelopes DREAM WHIP® Whipped Topping Mix

2¾ cups cold milk

1 teaspoon vanilla

2 packages (4-serving size) JELL-O® Chocolate Flavor Instant Pudding & Pie Filling

1 baked 9-inch pie shell, cooled.

COMBINE whipped topping mix with 1 cup milk and vanilla in large mixer bowl. Beat on HIGH with electric mixer about 6 minutes or until topping thickens and forms peaks.

ADD remaining milk and pie filling mix; blend on LOW. Beat on HIGH for 2 minutes, scraping bowl occasionally.

SPOON into pie shell. Refrigerate at least 4 hours. Refrigerate any leftover pie. Makes 8 servings.



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Appetizers & Snacks

continued from page 221

On a lightly floured surface, unfold one sheet of puff pastry. Cut out a 9- to 9½-inch circle, saving trimmings. Spread *half* of the mushroom filling in the middle of the pastry to a circle the size of the Brie. Place one Brie round atop mushroom filling.

Combine beaten egg and water; brush some of the mixture atop pastry circle, around Brie. Wrap the pastry up and over the Brie, folding and pleating to cover the top of the Brie. Trim off excess pastry so that pleats are not too thick; press dough to seal. Carefully invert the Brie onto a greased shallow baking pan. Brush pastry with more of the egg mixture. If desired, cut reserved dough trimmings into shapes and use to decorate top pastry. Brush cutouts with egg mixture. Cut slits for escape of steam. Repeat with remaining sheet of pastry, mushroom filling, and Brie round. Chill both Brie rounds, covered, for 2 to 4 hours.

Bake in a 400° oven for 20 to 25 minutes or till pastry is a deep golden brown. Let stand for 20 to 30 minutes before serving. Serve warm with apples and pears. Makes 8 servings per Brie.

Nutrition facts per serving: 244 cal., 18 g total fat (5 g sat. fat), 41 g chol., 311 mg sodium, 12 g carbo., 0 g fiber, 8 g pro.

VEGETABLE NACHOS WITH CILANTRO CREAM

One chip will surely lead to another when piled high with this zesty bean-and-vegetable topping.

- ½ cup dairy sour cream or lower-fat dairy sour cream
- 2 Tbsp. finely snipped fresh cilantro or parsley
- 1 small zucchini, quartered lengthwise and thinly sliced (1 cup)
- ½ cup shredded carrot



Nibble on nachos at casual parties.

- ⅓ cup sliced green onion
- 1½ tsp. ground cumin
- 4 tsp. cooking oil
- 1 15-oz. can pinto beans, drained and rinsed
- 4 cups tortilla chips (4 oz.)
- 1 4-oz. can diced green chili peppers, drained, or 2 fresh jalapeño peppers, seeded and sliced
- 4 oz. shredded cheddar cheese (1 cup)
- ½ cup seeded and chopped tomato
- Salsa (optional)

For cilantro cream, in a small mixing bowl stir together sour cream and cilantro or parsley; cover and set aside.

In a large skillet cook zucchini, carrot, onion, and cumin in hot oil for 3 to 4 minutes or till vegetables are crisp-tender. Stir in beans.

Spread tortilla chips about one layer deep on an 11- or 12-inch ovenproof platter or on a baking sheet. Spoon bean mixture over chips. Sprinkle with peppers and cheese. Bake in a 350° oven for 5 to 7 minutes or till cheese melts.

To serve, carefully transfer chips to a platter, if baked on a baking sheet. Top chips with dollops of cilantro cream and sprinkle with tomatoes. If desired, pass salsa. Makes 8 appetizer servings.

Nutrition facts per appetizer serving: 234 cal., 14 g total fat (6 g sat. fat), 21 mg chol., 426 mg sodium, 21 g carbo., 4 g fiber, 9 g pro. Daily Value: 36% vit. A, 13% vit. C, 13% calcium, 9% iron.



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Sensational Double Layer Pumpkin Pie

4 ounces cream cheese, softened*
1 tablespoon milk or half-and-half
1 tablespoon sugar
1 ½ cups thawed COOL WHIP® Whipped Topping
1 KEEBLER® READY-CRUST® Graham Cracker Pie Crust (6 oz.)
1 cup milk or half-and-half
2 packages (4-serving size) JELL-O® Vanilla Flavor Instant Pudding & Pie Filling
1 can (16 oz.) pumpkin
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground cloves

*HELPFUL HINT: Soften cream cheese in microwave on HIGH 15 to 20 seconds.

• MIX cream cheese, milk and sugar in large bowl with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust.

• POUR 1 cup milk into bowl. Add pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. (Mixture will be thick.)

• STIR in pumpkin and spices with wire whisk; mix well. Spread over cream cheese layer. Refrigerate at least 3 hours. Garnish with additional whipped topping and nuts if desired. Makes 8 servings.

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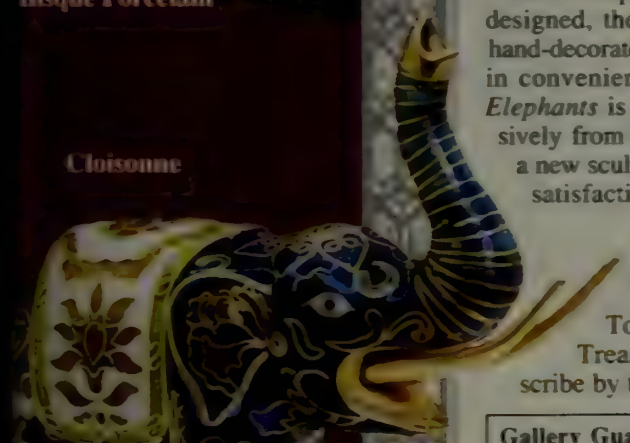
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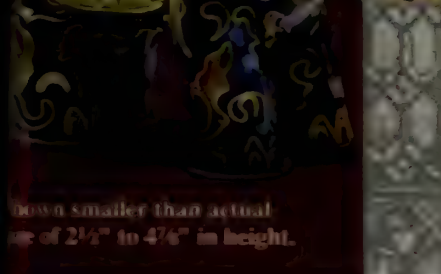
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Heritage Desserts

continued from page 205

HUGUENOT APPLE-PECAN TORTE

This nutty cake mixes together quick in the blender or food processor.

- 2 Tbsp. all-purpose flour
- 1 tsp. baking powder
- 1 tsp. finely shredded lemon peel
- 4 eggs
- ¾ cup sugar
- 1 tsp. vanilla
- 2½ cups pecans
- 1 cup water
- 1 Tbsp. lemon juice
- 2 cups sliced, peeled apple
- 1 cup whipping cream
- 2 Tbsp. sugar
- Toasted pecan halves (optional)

Stir together flour, baking powder, and lemon peel; set aside.

In a blender container or food processor bowl place eggs, the ¾ cup sugar, and vanilla. Cover and blend or process till smooth. Add the 2½ cups pecans. Blend or process about 1 minute or till nearly smooth. Add the flour mixture and blend or process just till combined. Spread the batter evenly in greased and floured 8x1½-inch round baking pans.

Bake in a 350° oven for 20 to 25 minutes or till lightly browned. Cool on wire racks for 10 minutes. Remove from pans; cool thoroughly on racks.

Meanwhile, in a skillet heat water and lemon juice to boiling. Add apple slices. Reduce heat. Cover; simmer 2 to 3 minutes or just till tender. Drain apple slices.

In a medium bowl beat whipping cream and the 2 tablespoons sugar till soft peaks form. Place a torte layer on a cake plate. Spread about *half* of the whipped cream evenly over layer. Arrange apple slices in a single layer on whipped cream, using as many as needed to cover surface and reserving remaining for top. Top with second torte layer. Spread remaining whipped cream on top of second torte layer. Arrange remaining apple slices and, if desired, pecan halves on top. Chill 1 to 2 hours. Makes 12 servings.

Nutrition facts per serving: 311 cal., 26 g total fat (6 g sat. fat), 98 mg chol., 24 g carbo., 55 mg sodium, 5 g pro.

PRALINES

For gift giving, wrap these Southern-style candies individually in colorful cellophane or plastic wrap and place them in tins or decorative gift boxes.

- 1½ cups granulated sugar
- 1½ cups packed brown sugar
- 1 cup half-and-half or light cream
- 3 Tbsp. margarine or butter
- 2 cups pecan halves

Butter the sides of a heavy 2-quart saucepan. In the saucepan combine sugar, brown sugar, and half-and-half. Cook over medium-high heat to boiling, stirring constantly with a wooden spoon to dissolve sugars. (This should take 6 to 8 minutes.) Avoid splashing the mixture on sides of the pan.

Carefully clip a candy thermometer to pan. Cook over medium-low heat, stirring occasionally, till thermometer registers 234° (soft-ball stage). Mixture should boil at a moderate, steady rate over entire surface. Reaching soft-ball stage should take 18 to 20 minutes.

Remove pan from heat. Add margarine or butter but do not stir. Cool, without stirring, to 150°. (This should take about 30 minutes.) Remove thermometer; stir in nuts. Beat vigorously with a wooden spoon till candy is just beginning to thicken but is still glossy. This should take 2 to 3 minutes.

Drop about 2 tablespoons candy at a time from a large serving spoon onto baking sheets lined with waxed paper, forming 3-inch pralines. If candy becomes too stiff to drop, stir in a few drops of hot water. When cool, store in a tightly covered container. Makes 15 large pralines.

Nutrition facts per praline: 269 cal., 14 g total fat (2 g sat. fat), 6 mg chol., 37 g carbo., 32 mg sodium, and 2 g pro.

SOUTHERN PECAN PIE

Luscious pecan-and-caramel filling in a flaky pastry is hard to beat. No wonder it's still a favorite after all these years.

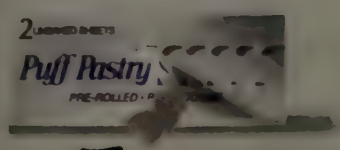
- 1¼ cups all-purpose flour
- ⅓ cup shortening
- ¼ cup finely chopped pecans
- 3 to 4 Tbsp. cold water
- 3 eggs
- 1 cup corn syrup
- ⅔ cup sugar
- ⅓ cup margarine or butter, melted
- 2 Tbsp. bourbon whiskey
- 1 Tbsp. all-purpose flour
- 1 tsp. vanilla
- 1½ cups pecan halves
- Whipped cream

For pastry, in a bowl combine the 1¼ cups flour and ¼ teaspoon salt. Cut in shortening till pieces are the size of small peas. Stir in chopped pecans. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form dough into a ball.

continued on page 230

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Zip



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Twist



Turn



Devour

Chocolate Bundles

1 sheet Pepperidge Farm Frozen Puff Pastry
1 package (6oz.) semi-sweet chocolate chips
1/4 cup chopped walnuts
Confectioner's sugar

- Thaw pastry 30 minutes. Preheat oven to 425°F.
- On a lightly floured surface, roll pastry to a 12-inch square; cut into four 6-inch squares.
- In the center of each square, place 1/4 cup chocolate and 1 tbsp. walnuts.
- Bring pastry corners together just above chocolate; twist and turn. Fan out corners.
- Place on ungreased baking sheet. Bake 10-15 minutes or until golden brown. Let stand at least 10 minutes.
- Sprinkle with confectioner's sugar and serve.

Makes 4 individual servings

Pepperidge Farm makes elegant, flaky puff pastry as easy as pie. (Easier, in fact.) Wrap it around chocolate or fruit, bake, and it'll puff up into a luscious dessert that looks and tastes like you slaved all day.

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Heritage Desserts

continued from page 228

On a lightly floured surface, flatten dough slightly with your hands. Roll dough from center to edges, forming a circle about 12 inches in diameter. Wrap pastry around a rolling pin. Unroll pastry onto a 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim pastry to ½ inch beyond edge of pie plate; fold under extra pastry. Make a fluted edge. Do not prick the pastry.

For filling, in a mixing bowl beat eggs lightly with a rotary beater till combined. Stir in corn syrup, sugar, margarine or butter, the 1 tablespoon flour, the bourbon, and vanilla. Mix well. Stir in the pecan halves.

Place pastry-lined pie plate on oven rack. Pour filling into pastry-lined pie plate. Cover edge of pie with foil. Bake in a 350° oven for 25 minutes. Remove foil; bake 20 to 25 minutes more or till a knife inserted near center comes out clean. Cool. Serve with whipped cream. Cover and chill to store. Makes 8 servings.

Nutrition facts per serving: 608 cal., 36 g total fat (5 g sat. fat), 80 mg chol., 69 g carbo., 204 mg sodium, and 7 g pro.

BLACKBERRY PIE WITH HAZELNUT GLAZE

- 4 cups fresh or frozen unsweetened blackberries
- ¾ cup sugar
- ¼ cup all-purpose flour
- ½ tsp. finely shredded lemon peel
- Pastry for Double-Crust Pie (see recipe at right)
- 1 recipe Hazelnut Glaze (optional)

If using frozen blackberries, before adding, let stand for 15 to 30 minutes or till the berries are partially thawed but still icy. In a mixing bowl combine sugar, flour, and lemon peel. Add fresh or frozen blackberries; toss gently till coated.

Transfer berry mixture to a pastry-lined 9-inch pie plate. Add top crust; cut slits in top crust. Trim, seal, and flute edge. To prevent overbrowning, cover edge of pie with foil.

Bake in a 375° oven for 25 minutes for fresh berries (50 minutes for frozen berries). Remove foil. Bake for 20 to 25 minutes more for fresh berries (20 to 30 minutes for frozen berries) or till top is golden. If desired, top hot pie with Hazelnut Glaze. Cool. Makes 8 servings.

Hazelnut Glaze: In a small saucepan combine ⅓ cup packed brown sugar and 3 tablespoons half-and-half or light cream. Cook and stir over low heat till sugar melts. Stir in ⅓ cup chopped toasted hazelnuts. Pour over hot pie.

Nutrition facts per serving: 450 cal., 21 g total fat (5 g sat. fat), 2 mg chol., 61 g carbo., 139 mg sodium, 5 g pro.

APPLE-CHERRY PIE

- 2 cups fresh or frozen pitted tart red cherries
- 1 cup sugar
- 2 Tbsp. all-purpose flour
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 3 cups peeled, cored, and thinly sliced apples
- Pastry for Double-Crust Pie (see recipe at right)
- 2 Tbsp. margarine or butter
- 1 Tbsp. milk
- ½ tsp. sugar
- Dash ground cinnamon

If using frozen cherries, let stand at room temperature 30 minutes or till partially thawed. Combine the 1 cup sugar, flour, the 1 teaspoon cinnamon, and nutmeg; set aside.

In a large bowl combine cherries and apple slices. Add sugar mixture. Toss to coat. Transfer to pastry-lined 9-inch pie plate. Dot fruit with margarine or butter. Adjust top crust. Seal and flute edge. If desired, cut decorative shapes from dough scraps. Brush the back sides of the shapes with milk and arrange on the top crust. Cut slits in the top crust. Brush top crust with milk. Combine the ½ teaspoon sugar and the dash cinnamon; sprinkle over crust. Cover edge with foil.

Bake in a 375° oven for 25 minutes (50 minutes if using frozen cherries). Remove foil. Bake for 20 to 25 minutes more or till the top is golden and fruit is tender. Serves 8.

Nutrition facts per serving: 439 cal., 21 g total fat (5 g sat. fat), 0 mg chol., 61 g carbo., 160 mg sodium, 4 g pro.

PASTRY FOR DOUBLE-CRUST PIE

Use this traditional homemade pastry for the Blackberry Pie with Hazelnut Glaze, the Apple-Cherry Pie, or any double-crust pie.

- 2 cups all-purpose flour
- ½ tsp. salt
- ⅔ cup shortening or lard
- 6 to 7 Tbsp. cold water

In a mixing bowl stir together flour and salt. Cut in shortening or lard till pieces are the size of small peas. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Divide dough in half. Form each half of dough into a bowl.

On a lightly floured surface, flatten each ball of dough slightly with your hands. Roll out dough from center to edges, forming a circle about 12 inches in diameter. Wrap pastry around a rolling pin. Unroll pastry onto a 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim pastry even with rim of pie plate.

For top crust, repeat rolling remaining dough. Cut slits to allow steam to escape. Fill pastry in pie plate with desired filling. Place the top crust on filling. Trim top crust to ½ inch beyond edge of plate. Fold the top crust under bottom crust; flute edge. Bake as directed in the pie recipe. ♦

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NOVEMBER RECIPE INDEX

Anise Cutouts....188
Appetizer Cheesecake....220
Apple-Cherry Pie....230
Apricot Dipping Sauce....207
Bacon & Tomato Potato Skins....217
Blackberry Pie with Hazelnut Glaze....230
Brown-Sugar-Hazelnut Rounds....186
Bruschetta....200
Cajun Pork Filling....206
Caramel Nut Goodies....190
Chicken Potpies....236
Chocolate Chunk Brownies....190
Chocolate-Dipped Morsels....164
Chocolate Glaze....191
Confectioners' Icing....191
Cornmeal-Topped Sausage Pie....236
Crème de Menthe Brownies....190
Decorator Frosting....191
Five-Spice Beef Filling....206
5-Way Fudge Brownies....188
Golden Phyllo Triangles....206
Gorgonzola-Onion Tarts....214
Graham Cracker Village....180
Homemade Tortilla Chips....218
Huguenot Apple-Pecan Torte....228
Jamaican Jerk Seasoning....221
Jamaican Shrimp....220
Mini Broccoli Calzones....217
Mini Pepperoni Calzones....216
Orange Spice Houses....181
Pastry for Double-Crust Pie....230
Pastry-Wrapped Brie with Wild Mushrooms....221
Peanut Butter Brownies....190
Pepperoni Pizza Filling....216
Plum Pudding with Orange Sauce....238
Polynesian Meatballs....207
Pralines....228
Pumpkin Chiffon Meringue....68
7-Layer Southwestern Dip....218
Smoked Salmon Quiches....208
Snowball Christmas Trees....186
Sour Cream Cutouts....187
Southern Pecan Pie....228
Spumoni Slices....182
Sweet-and-Sour Sauce....207
Swiss Cheese Pastry....214
Swiss Fondue....215
Toasted Pita Chips....219
Vegetable Nachos with Cilantro Cream....222
White Bean Dip....219

PRIZE TESTED RECIPES

Blackened Shrimp Stroganoff....251
Cranberry Bread Pudding....251
Cranberry Ice-Cream Pie....252
Spiced Shrimp Pilau....254

nutrition information

HOW TO MAKE IT WORK FOR YOU



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein will help you keep tabs on what you eat.

You can also check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

The analysis is calculated using two-percent milk, unless otherwise specified in the ingredients.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive for each day:

Calories: about 2,000
Total fat: less than 65 grams
Saturated fat: less than 20 grams
Cholesterol: less than 300 milligrams
Carbohydrate: about 300 grams
Sodium: less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

There's no real harm in going over or under these recommended guidelines in any single day, but it is a good idea to aim for a balanced diet over several days or a week's time for good health.



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Cooking with Cardamom

Take a cooking lesson from Indian and Scandinavian cooks and spice up everyday foods with cardamom. For centuries, cardamom has seasoned pastries in Denmark, Sweden, and Norway. The Vikings discovered cardamom's sweet, yet pungent, flavor on a voyage to India, where cooks used cardamom for savory meat and vegetable dishes (and still do). Below, learn how to buy and use cardamom, then sample it in the Indian-Style Cornish Hens.



Indian recipes often mix cardamom with other spices, as in these Cornish hens.

ALL ABOUT CARDAMOM

Taste: Used as a seasoning for meat dishes, curries, vegetables, fruit salads, pastries, and cookies, cardamom has a flavor similar to anise. When cooking with cardamom, start with the amount called for in your recipe, then add more, a pinch at a time, to taste.

Forms available: Smaller than peas, each cardamom pod contains clusters of hard, black seeds. Look for both cardamom pods and seeds, as well as ground cardamom, in the spice aisle of your grocery store. When recipes call for cardamom seeds, you can also buy the pods.

Use: The small, hard seeds are usually crushed before using. Use a mortar and pestle or crush the seeds between two spoons.

If you purchase pods and want to use only the seeds, remove pods by pinching with your fingers or by crushing between two spoons.

INDIAN-STYLE CORNISH HENS

¼ tsp. cardamom seed or ¼ tsp. ground cardamom
2 inches stick cinnamon, broken, or ¼ tsp. ground cinnamon
3 whole cloves or ⅛ tsp. ground cloves
½ tsp. fennel seed
2 tsp. grated gingerroot or ½ tsp. ground ginger
2 cloves garlic, minced
¼ tsp. ground red pepper
2 1- to 1½-lb. Cornish game hens or one 2½- to 3-lb. broiler-fryer chicken
1 tsp. cooking oil
¾ cup long grain rice
¼ tsp. thread saffron, crushed, (optional)
2 Tbsp. snipped parsley

If using cardamom seed, stick cinnamon, and whole cloves, place them in a blender, coffee grinder, or spice grinder. Add fennel seed. Cover; grind till very fine. If using *ground* cardamom, cinnamon, and cloves, finely crush the fennel seed and combine with ground spices. Transfer spice mixture to a small bowl; stir in ginger, garlic, and ground red pepper.

Rinse poultry; pat dry. Pull neck skin, if present, to back of each bird. Twist wing tips under back, holding skin in place; tie legs to tail. Place, breast side up, on a rack in a shallow roasting pan. Brush with oil.

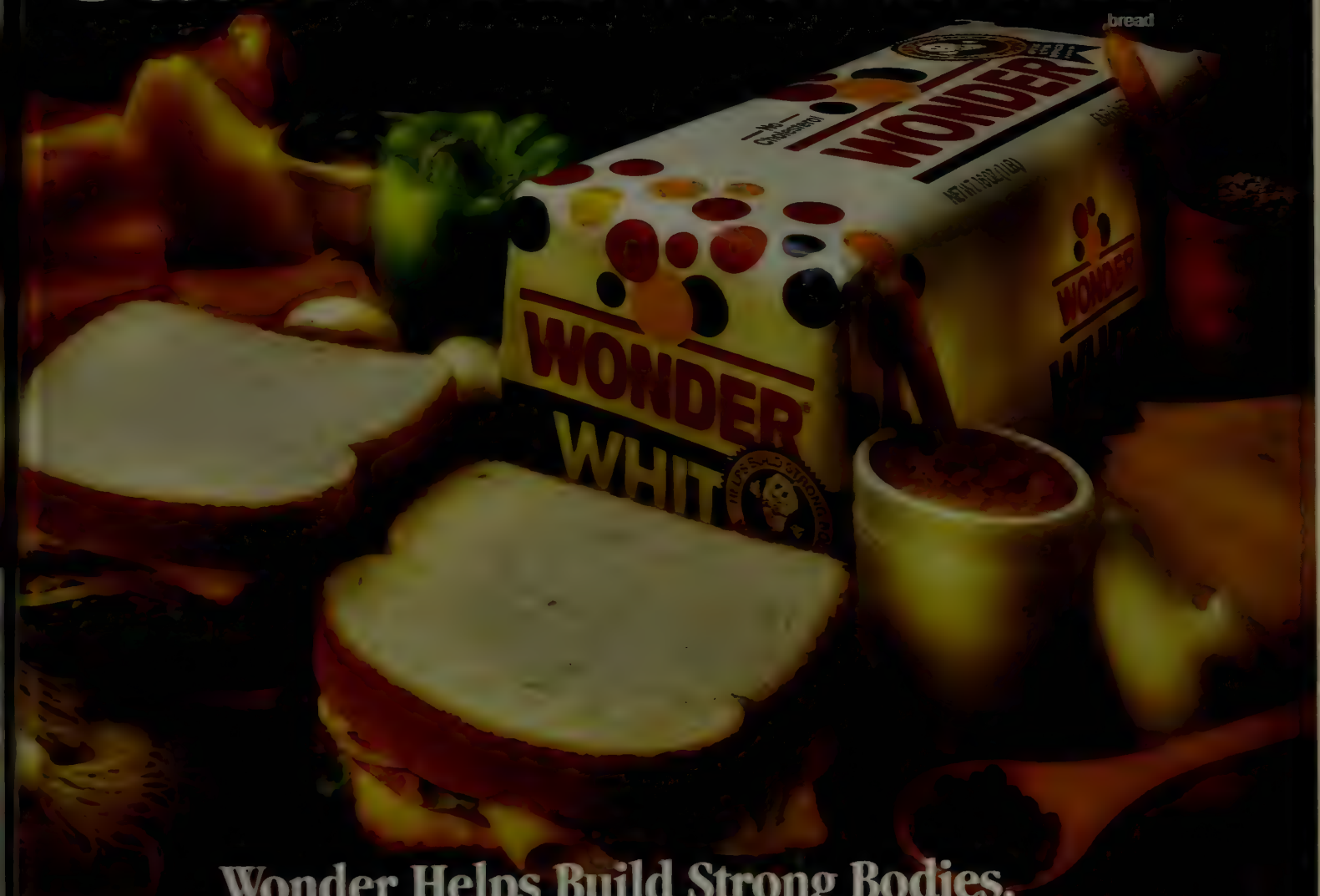
Cut small, deep slits all over poultry; rub with seasoning mixture, working seasoning into slits. Cover loosely with plastic wrap or foil; chill 6 to 24 hours.

Roast in a 375° oven 1¼ to 1½ hours or till no longer pink and drumsticks move easily in sockets. (Cover hens loosely with foil first 45 minutes. Roast chicken uncovered.)

During last 20 minutes of roasting, prepare rice. In a saucepan combine 1½ cups water, uncooked rice, saffron, and ¼ teaspoon salt. Bring to boiling; reduce heat. Cover; simmer 15 minutes or till rice is tender and liquid is absorbed. Stir in parsley. Transfer to a platter. Top with hens or chicken. Serves 4.

Nutrition information per serving: 508 cal., 26 g fat, 120 mg chol., 39 g pro., 29 g carbo., 230 mg sodium.

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by Joy Taylor

Old-Fashioned Potpies

Remember the taste of hot-from-the-oven potpies? If you miss those potpies of yesterday, share some fond memories with your family and serve either of these recipes.



Cheese-flecked crusts hide a hearty sauce that overflows with chunks of tender chicken, carrots, onion, and celery.



This Mexican-style sausage potpie, topped with a golden cornmeal crust, boasts a zesty south-of-the-border flavor.

CHICKEN POTPIES WITH CHEDDAR PASTRY

- 1½ cups chicken broth
- 1 cup chopped onion
- ½ cup chopped celery
- ½ cup sliced carrot
- ¼ cup all-purpose flour
- ½ tsp. dried sage, crushed
- ¼ tsp. garlic powder
- ¼ tsp. salt
- ½ of an 8-oz. can tomato sauce
- 2 cups frozen diced cooked chicken
- 2 Tbsp. snipped parsley
- 1 recipe Cheese Pastry

In a large saucepan combine 1 cup of the broth, onion, celery, and carrot. Heat to boiling; reduce heat. Cover; simmer for 5 to 7 minutes or till vegetables are crisp-tender.

Combine remaining broth, flour, sage, garlic powder, salt, and ⅛ teaspoon pepper till smooth. Stir into vegetable mixture. Add tomato sauce. Cook and stir till bubbly. Add chicken and parsley; heat.

For pastry, roll out one-fourth of Cheese Pastry dough on a floured surface to a circle 1 inch wider than a 10-ounce casserole. Repeat to make 4 crusts. Divide filling among four casseroles. Place pastry atop each casserole. Flute pastry to edges. Brush tops with milk. Bake in a 425° oven about 25 minutes or till golden. Serves 4.

Cheese Pastry: In a bowl stir together 1½ cups all-purpose flour, ½ cup shredded cheddar cheese, and ⅛ teaspoon salt. Cut in ½ cup shortening till pieces are the size of peas. Stir in 4 to 5 tablespoons cold water, 1 tablespoon at a time, till moistened.

Nutrition facts per serving: 635 cal., 33 g total fat, 69 mg chol., 816 mg sodium, 51 g carbo., 4 g fiber, 33 g pro.

CORNMEAL-TOPPED SAUSAGE PIE

- 1 lb. sweet Italian sausage links, sliced
- 1½ cups chopped green pepper
- 1 large onion, chopped
- 1 15-oz. can navy beans, drained
- 1 14½-oz. can Mexican-style stewed tomatoes
- 1 6-oz. can tomato paste
- ¼ cup dry white wine or water
- 1 tsp. sugar
- ⅓ cup all-purpose flour
- ⅓ cup yellow cornmeal
- ⅓ cup grated Parmesan cheese
- ¾ tsp. baking powder
- 1 beaten egg
- ¼ cup milk
- 1 Tbsp. cooking oil

In a skillet cook sausage, pepper, and onion till sausage is no longer pink; drain. Add beans, tomatoes, tomato paste, wine, sugar, and ⅓ cup water. Bring to boiling. Reduce heat; keep warm. Stir together flour, cornmeal, cheese, and baking powder. Add egg, milk, and oil. Stir just till combined. Transfer sausage mixture to a 12x7½x2-inch baking dish. Drop cornmeal topping into mounds atop sausage mixture. Bake, uncovered, in a 400° oven for 12 to 15 minutes or till a toothpick inserted into topping comes out clean. Serves 6.

Nutrition facts per serving: 501 cal., 25 g total fat, 99 mg chol., 1,343 mg sodium, 42 g carbo., 26 g pro. ⌂

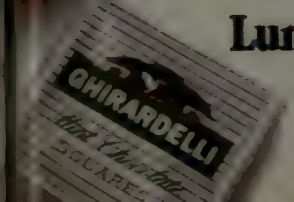
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Turkey Roasting Guide

Type of Turkey	Ready-to-Cook Weight	Oven Temp.	Guide to Roasting Time
Stuffed Whole Turkey* (open roasting)	6-8 lb.	325°	3-3½ hr.
	8-12 lb.	325°	3½-4½ hr.
	12-16 lb.	325°	4-5 hr.
	16-20 lb.	325°	4½-5½ hr.
	20-24 lb.	325°	5-6½ hr.
Unstuffed Foil-Wrapped Turkey	8-10 lb.	450°	1¼-1¾ hr.
	10-12 lb.	450°	1¾-2¼ hr.
	12-16 lb.	450°	2¼-3 hr.
	16-20 lb.	450°	3-3½ hr.
	20-24 lb.	450°	3½-4 hr.
Stuffed Turkey in Oven Bag*	12-16 lb.	350°	2½-3 hr.
	16-20 lb.	350°	3-3½ hr.
	20-24 lb.	350°	3½-4 hr.

Testing for doneness: Roast whole turkey till the meat thermometer registers 180° to 185° (170° for turkey breast—do not overcook). The turkey meat should be fork tender and the juices should not run pink when the turkey is pierced with a fork. (Pierce thigh meat on whole turkeys.) When done, remove the bird from the oven and cover it loosely with foil. Let the bird stand, covered, for 15 minutes before carving. The stuffing temperature should be at least 165°. Because birds differ in size, shape, and tenderness, use these roasting times as a guide.

*Unstuffed turkeys generally require 30 to 45 minutes less total roasting time than stuffed turkeys.

HOW MUCH TO BUY

With a 12-pound or less bird, buy 1 pound per serving. If the bird is more than 12 pounds, buy ¾ pound per serving.

THAWING TURKEY

Place the wrapped frozen bird on a tray in the refrigerator for 3 to 4 days (24 hours for every 5 pounds). Or, place the wrapped bird in a sink or large pan of cold water. Change the water every 30 minutes. (Allow 30 minutes per pound.) Cook bird immediately after thawing.

Do not thaw at room temperature or in warm water, as the warm atmosphere promotes bacteria growth.

BEFORE ROASTING

Unwrap bird. Remove giblets and neck piece from cavities. Rinse bird; pat dry with paper towels. Do not stuff till you're ready to roast it.

To stuff the bird, spoon some stuffing loosely into neck cavity. Pull neck skin over the stuffing; fasten to the back of the bird with a short skewer. Loosely spoon some stuffing into body cavity; do not pack. (If packed too tightly, stuffing will not reach a safe temperature by the time the bird is done.) Spoon any remaining stuffing into a casserole; cover and chill casserole till baking time. Tuck the drumsticks under the band that crosses the tail. If there isn't a band, tie the legs to the tail with some string. Twist the wing tips under the back.

ROASTING DIRECTIONS

Place the bird, breast side up, on a rack in a shallow pan. Brush with cooking oil, if desired. Place a meat thermometer into the center of an inside thigh muscle so the bulb doesn't touch bone.

For open roasting, cover the bird loosely with foil, leaving space between the bird and foil. Press the foil in at the end of drumsticks and neck. Roast in a 325° oven, basting occasionally. When the bird is two-thirds done, cut the skin or string between legs. Remove foil the last 30 to 45 minutes to let bird brown. Or, roast bird, covered with the roaster vent open or lid ajar, in a 325° oven for 20 to 25 minutes per pound. Uncover and drain, reserving juices. Turn oven to 475°. Roast for 20 minutes more or till the bird is brown.

For a foil-wrapped turkey, do not stuff bird. (Because bird is roasted at a high temperature, meat will cook before the stuffing reaches a safe temperature.) Wrap an *unstuffed* bird, breast side up, in heavy foil (do not seal airtight). Place in a roasting pan. Insert a meat thermometer into thigh muscle through foil, without touching fat or bone. Roast at 450° according to chart. Open foil last 20 to 30 minutes.

To roast an oven-bag turkey, shake 1 tablespoon all-purpose flour in a turkey-size oven cooking bag (to prevent bag from bursting). Add bird to bag. Place bird, breast side up, in a large, 2-inch deep roasting pan. Close the bag with a nylon tie. With a sharp knife, cut six ½-inch slits in the top of the bag to allow steam to escape. Insert a meat thermometer into the thigh muscle through a slit in the bag. Roast in a 350° oven according to the chart.

NEED EXTRA HELP? CALL

Meat and Poultry Hot Line: 800/535-4555 (or in Washington, D.C. call 202/720-3333), November 20 and 21 and weekdays throughout November: 9 to 5 Eastern Standard Time (EST). Thanksgiving Day: 8 to 2 EST.

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LEMON PARSLEY CHICKEN AND RICE

- ¾ pound boneless skinless chicken breast halves
- 1 tablespoon oil
- 1½ cups chicken broth
- 1½ cups MINUTE® Instant Brown Rice
- 2 tablespoons chopped parsley
- 1 teaspoon grated lemon peel
- ⅛ teaspoon pepper
- 3 tablespoons toasted whole almonds



► Brown chicken in hot oil in skillet. Add broth; bring to boil. Stir in rice. Return to boil. Reduce heat to low; cover and simmer 5 minutes. Remove from heat.

► Stir in parsley, lemon peel and pepper; cover. Let stand 5 minutes. Sprinkle with almonds. Serves 4.

Nutrition Information per Serving: 310 calories, 26 g protein, 30 g carbohydrate, 10 g fat, 50 mg cholesterol, 360 mg sodium, 2 g dietary fiber.

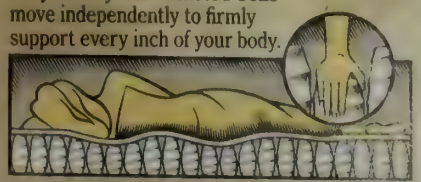
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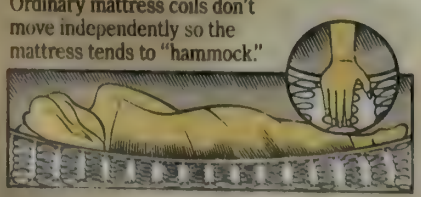
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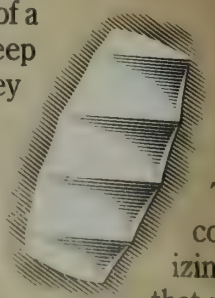
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THIS MONTH'S WINNERS- pages 251 and 252
All winners received GLORIA JEAN'S COFFEE products.

$200 Winners: Mike and Linda Morten, Katy, Texas
Veera Prasad, Jamaica Hills, N.Y.
$100 Winners: Marilou Robinson, Portland, Oreg.
Ben Vernia, Nashville, Tenn.
Honor Roll Winners: Mrs. Lana Jean Barton, Sterling Heights, Mich.; Cynthia Bielawa, Newark, Del.; Laurie Bilbro, San Francisco, Calif.; Dona Bragg, Auburn, Wash.; Donia Kirchman, Gainesville, Fla.; Patty Garner, Cincinnati, Ohio.

HINTS FOR THIS MONTH'S CATEGORIES

Grilled Dinners: What is your ultimate barbecue pleasure? Is it meat, poultry, or fish? Does a one-of-a-kind marinade or sauce make your entrée special. Or, maybe you've created an herb or spice rub that gives grilled food a premium flavor?

Summertime Pies: Do you take advantage of best-of-the-season fresh summer fruit for your winning pie? Or, is your family's favorite pie made from ice cream or frozen yogurt? Is your pie quick to fix?

CONTEST RULES: 1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. 2. With each entry, print your name, address, and recipe marked "June Grilled Dinners" or "June Summertime Pies." Specify brands and recipe origin. 3. Address recipes to 9406 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. 4. Postmark all entries by November 30, 1993. 5. Winners will be selected about 60 days later, then notified by mail. 6. Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.

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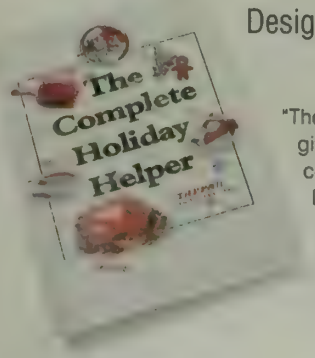


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NOVEMBER 1993

by Don Chaikin



Premium Gasoline

When to buy, when not to

If your car runs well on regular gasoline, it should really fly on premium. It sounds as if it should work. But the truth is, it won't.

Chances are there is nothing to be gained by stepping up to a more expensive grade of gasoline if your car or truck does not require premium fuel. Essentially, the higher octane rating of premium (or "high-test") gasoline means it has a greater resistance to detonation, the technical term for spark knock, or ping.

As long as your engine is properly tuned and does not knock or ping, stick with the less expensive stuff. Your car's performance and long-term health are affected more by the cleanliness and quality of the gasoline and its additives than by any unnecessary additional octane.

FRONT-WHEEL vs. REAR-WHEEL DRIVE

Which should you buy?
That depends on what type of driving you do.
Here are the pros and cons of each.

	PROS	CONS
Front-wheel drive:	•Good traction and stability on snow and slop, thanks to the weight over the drive wheels. •Increased passenger and cargo space, since the entire drivetrain is under the hood. •Better fuel economy, fewer heavy components. •Rear tires and brakes carry so little weight they last longer.	•Handling is nose-heavy, with the bulk of the weight up front. •Climbing steep hills or towing reduces traction by transferring weight from the front wheels. •Routine underhood maintenance and repair can be time-consuming and costly thanks to the crowded engine compartment. •Heavily loaded front tires (which steer and propel) and front brakes wear more quickly than otherwise.
Rear-wheel drive:	•Handling can be more precise and nimble thanks to weight which may be evenly distributed front and rear. •Front tires devote all their energy to steering and stopping for better performance and longer life. •Loading the rear wheels as in towing and hill-climbing improves traction.	•Less passenger space because of the transmission and driveshaft "hump." •Added components add fuel-consuming weight. •Lack of weight over the rear drive wheels means less traction in snow and slop.

TIRE TIPS

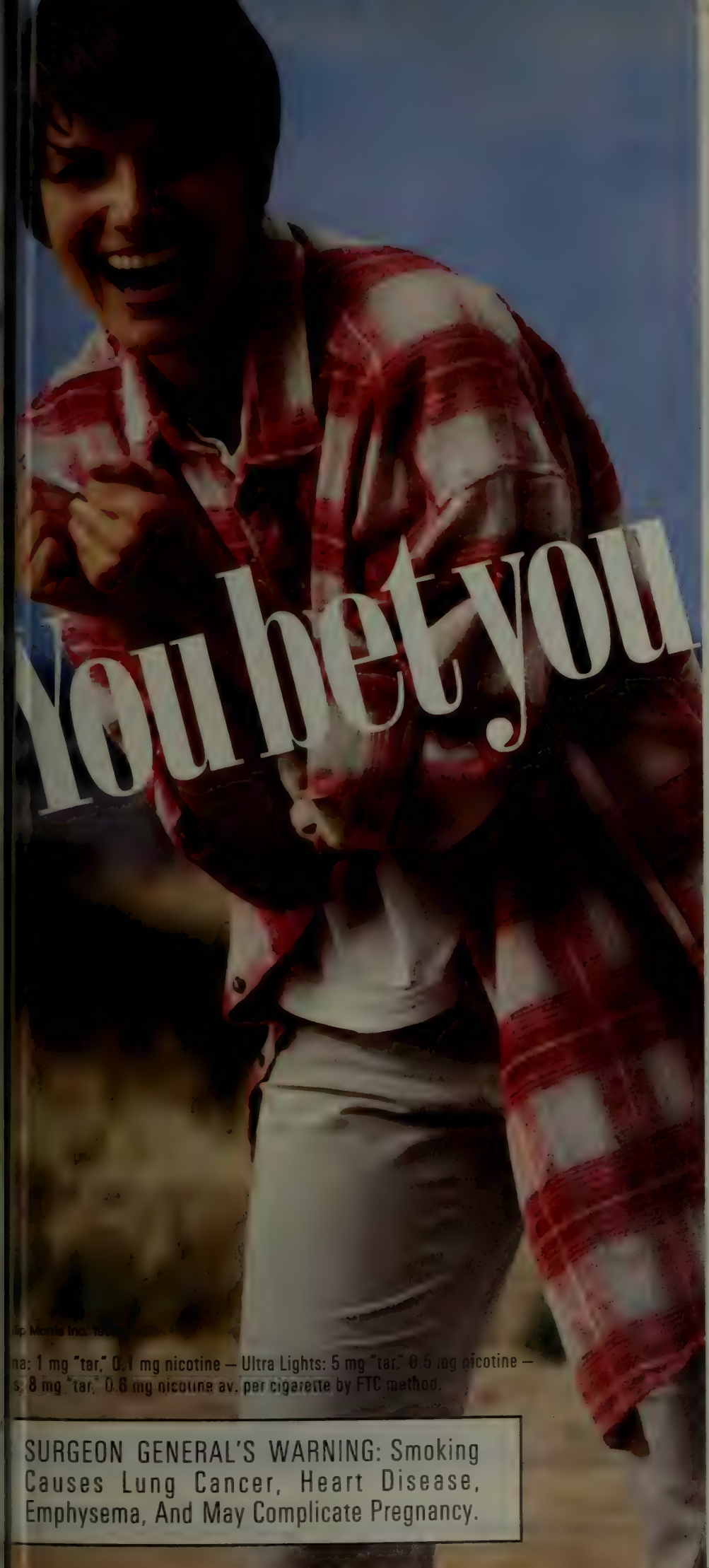
The smart money says you should buy the best tires you can afford. But the best of which type?

Most people opt for all-season radials, for traction in wetness, slush, and snow and on dry pavement. If you put more stock in crisp handling than convenience, try high-performance all-season radials. These have shorter sidewalls and larger, stickier tread blocks than standard all-seasons. The trade-off is a harsher ride, shorter tread life, and marginally less traction in snow and freezing slush.

A new breed, called "touring tires," splits the ride, handling, and wear differences between standard all-season tires and high-performance ones.



Snow tires? While their sharp edged tread blocks bite in the snow, they wear quickly and offer reduced dry pavement traction.



You bet you can!

You can switch down to lower tar and still get satisfying taste.



Low Lower Lowest

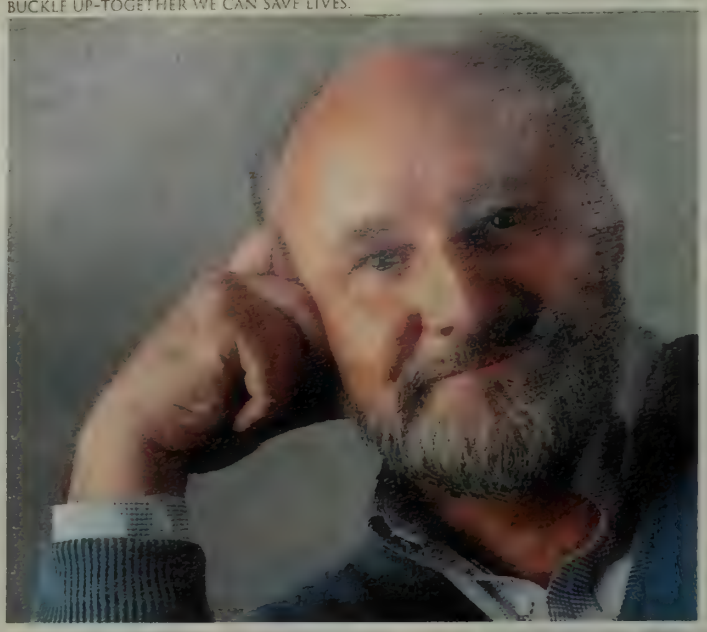
...ip Morris Inc. 1994

...na: 1 mg "tar," 0.1 mg nicotine — Ultra Lights: 5 mg "tar," 0.5 mg nicotine — ...s: 8 mg "tar," 0.6 mg nicotine av. per cigarette by FTC method.

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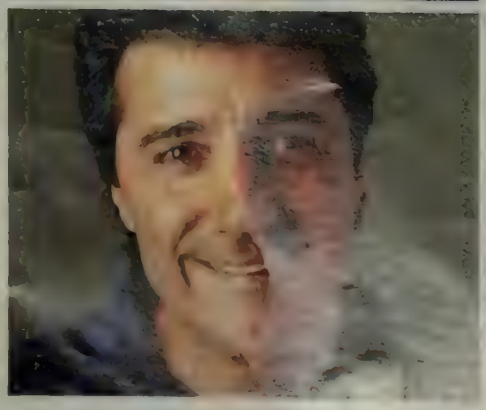
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 by Candyce H. Stapen

Good Dog

TRAIN YOUR POOCH TO BEHAVE



Shredded newspapers, accidents on the carpet, or neighbors upset by your dog's constant barking needn't be a way of life.

"Virtually all problems with dogs can be solved," says Captain Arthur Haggerty, a Los Angeles dog expert and former army dog trainer.

Here's how to turn your pet from naughty to nice.

SOCIAL FAUX-PAWS

Hyperactivity: Daisy jumps on visitors, runs around the house knocking over lamps, and leaps into any lap. To cure such a disruptive pet, dog training expert Bob Maida of Manassas, Virginia, recommends quality time, exercise, and obedience. In the morning, "Play with the dog for 20 minutes. Have it retrieve a ball, then follow with a walk," says Maida. After you've given your pet quality time and exercise, have it lie down and remain in that position for five minutes. Slowly increase down time to a half hour.

To train your active pup, keep a short leash on it when you're at home. As soon as Daisy charges, jerk the leash and tell her no in a firm voice. When Daisy sits quietly, reward her by saying, "Good girl."

Housebreaking: To housebreak a puppy, Haggerty advises keeping your pet in a confined area such as a crate and taking it out as frequently as possible—every two hours at the beginning. Praise your dog for doing its business in the proper place outside. But don't hit or scold it for voiding in the house, just as you wouldn't smack your toddler for an accident.

Instead of crating your puppy all day, try to find someone to let your dog out once or twice. Avoid paper training; it confuses a dog.

Aggression: An aggressive dog is potentially dangerous. Treat this problem seriously; seek professional advice. Neutering can help settle a hard-to-control male dog. Never roughhouse with your pet. This signals approval of growling and nipping. Use leash corrections to teach your dog no.

LONESOME BLUES

Chewing: If Barney chomps on chairs when he's home alone, he may suffer from separation anxiety. To prevent loneliness, devote more time to your dog. Besides playing with your pet and walking it, let your dog sleep in your room. When you go out, leave lights on and music playing on the radio. Make sure that your dog has appropriate toys to chew.

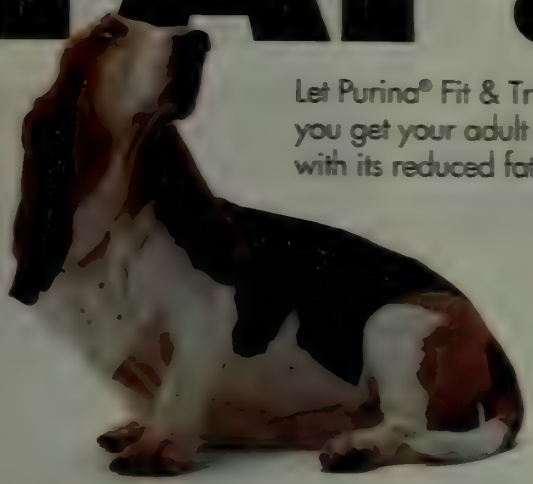
Train your pet to relax. Begin by desensitizing your dog to your pre-leaving behavior, whether it's grabbing keys or putting on a coat. "Teach your dog to lie down on a designated rug," suggests Dr. Suzanne Johnson, a Beaver Dam, Virginia, animal behaviorist. "Talk to it in a quiet, soft voice. When the dog is relaxed, pick up your keys and move them just a bit. Keep talking calmly to the dog. Repeat this until it no longer gets excited."

Barking: To stop barking, fill a plastic container with dry beans, then leave the house. "As soon as the dog barks, rush inside and shake the container, saying, 'No,'" advises Haggerty. If the dog remains quiet, praise it. Gradually increase the intervals you're gone.

When Barney barks at joggers who run past the window, correct him with a short tug on a leash. But when Barney growls at a knock on the door, say, "Good dog." This teaches him to be a watchdog but not a nuisance, says Maida. You'll need to train your pet to stop barking after you've invited someone into your home.

FAT?

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Mildew Fighting Strategies

Bathrooms, basements, and other humid areas can be a breeding ground for mildew. Here are some steps for keeping this unsightly and unsanitary fungus at bay.

Attack the root causes. Good ventilation, which reduces dampness and condensation, is the key to overcoming mildew. In your bathroom, install a quality exhaust fan and be sure it's vented directly outdoors—not into the rafters above. Run it frequently, and crack open the windows whenever the weather permits. In your basement, the first strategy should be to combat any serious moisture problems by regrading, adding a sump pump, or by taking other waterproofing measures. Once any standing water problems are solved, consider painting the walls with water-resistant paint. Keeping a dehumidifier running is also an important step.

Paint-staking ideas. Mildew stains can destroy a paint job in short order. Before you repaint, be sure to kill all existing mildew. Use a one-to-one mixture of bleach and water or a store-bought mildew-fighting solution, and clean entire walls and ceilings.

After killing the mildew, it's a good idea to add a coat of shellac or stain-killing primer in order to keep the mildew from growing again in the same spots. For extra protection, consider putting an anti-mildew additive in the paint or choosing a paint that specializes in its mildew resistance.

Even with proper paint, your battle is not over. Keeping your rooms clean and dry is the best way to keep mildew from coming back.

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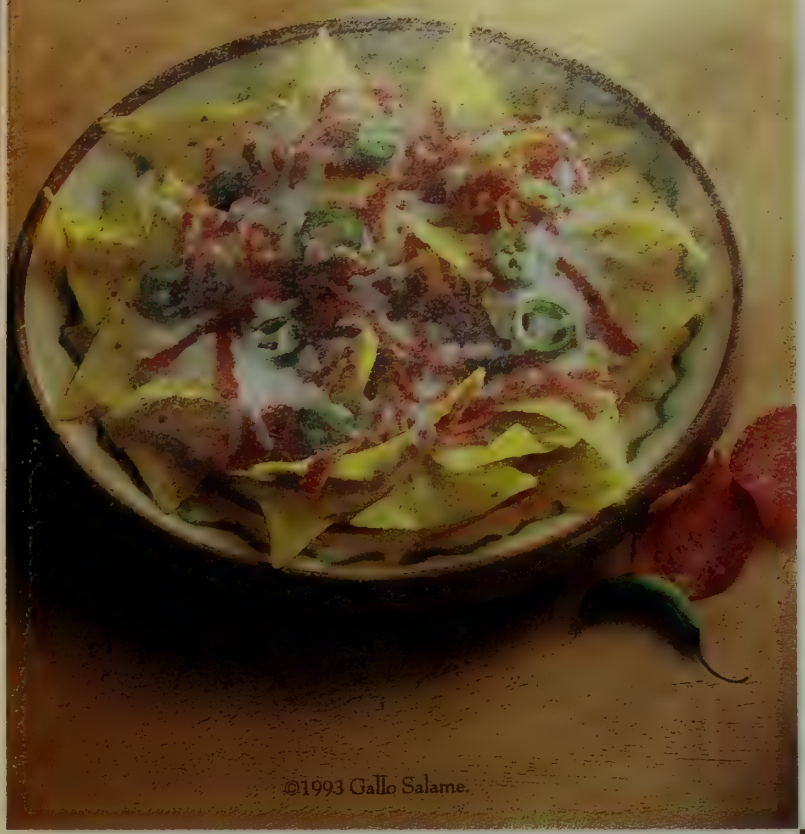
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Nachos *di* Gallo Salame.



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other dairy products. If you're faced with those restrictions in your daily diet, these tender, flavorful muffins are especially for you.

FRUIT AND SPICE GEMS

For 10 regular muffins, fill standard paper-lined cups ¾ full. Bake at 400° for 18 to 20 minutes or till golden—

Nonstick spray coating
1¾ cups all-purpose flour
⅓ cup sugar
2½ tsp. baking powder
½ tsp. salt
½ tsp. ground cinnamon (optional)
⅛ tsp. baking soda
1 beaten egg
¾ cup apple juice *or* pineapple juice
⅓ cup cooking oil

Spray 1¾-inch muffin cups with nonstick coating. Set muffin cups aside. For batter, in a large mixing bowl stir together flour, sugar, baking powder, salt, cinnamon, and baking soda. Make a well in the center.

In a small mixing bowl stir together egg, apple or pineapple juice, and oil. Pour egg mixture into well in flour mixture; stir just till flour mixture is moistened.

Fill *each* prepared muffin cup with *1 slightly rounded tablespoon* batter. Bake in a 400° oven about 12 minutes or till golden. Serve warm. Makes 28 mini muffins.

Nutrition information per muffin: *67 cal., 1 g pro., 9 g carbo., 3 g fat, 10 mg chol., 73 mg sodium, 18 mg potassium.* BH&G

MILK-FREE MUFFINS



SCOTT LITTLE

Whether you make them mini or maxi, you can enjoy these muffins even if you're on a milk-free diet.

People with milk allergies and lactose intolerance (the inability to adequately digest the sugar in milk) face the same problem: They [illegible] or other baked goods because they [illegible] milk and

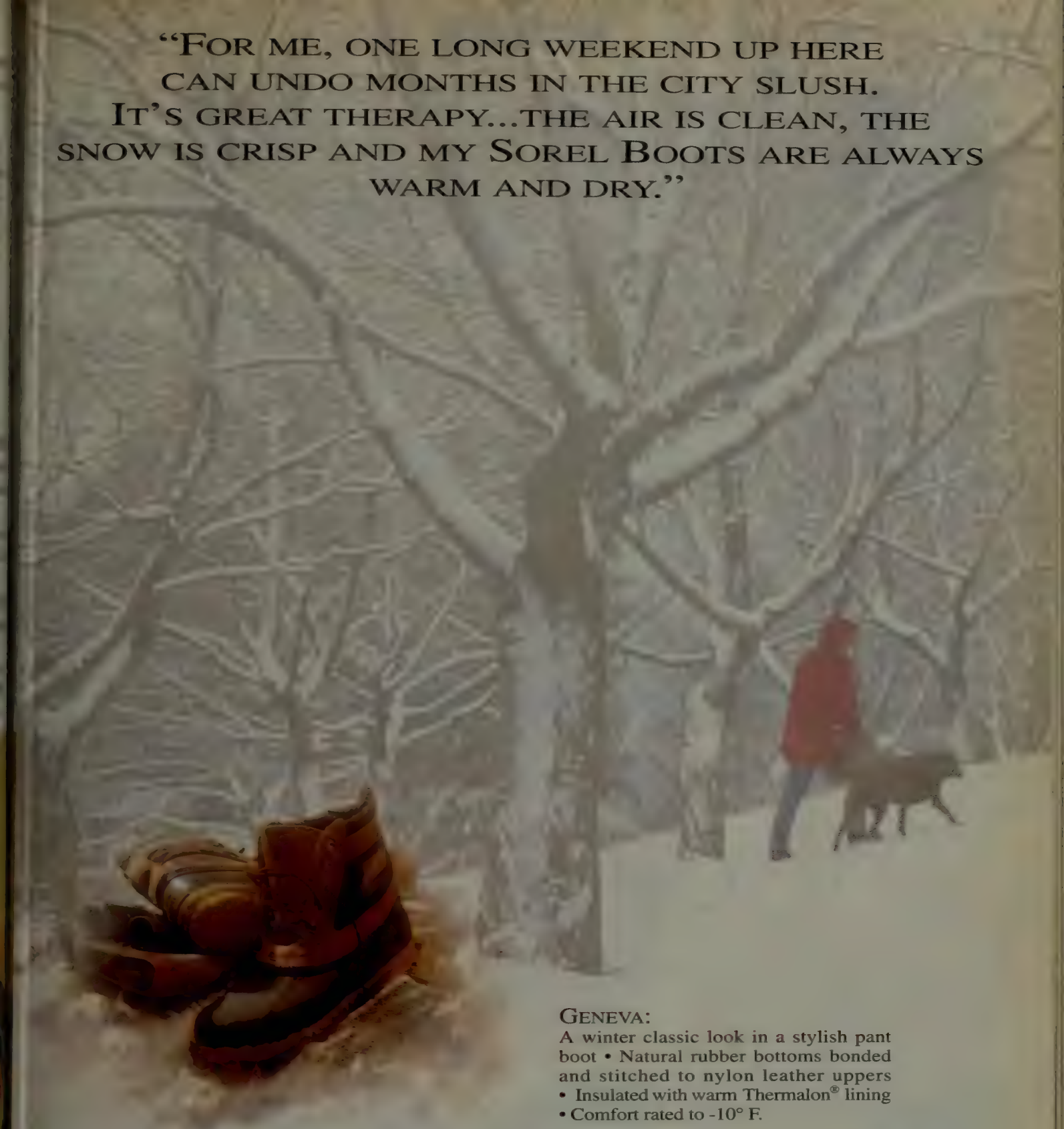
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Gallo SALAME

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Warm And Dry. North American made Sorel boots by Kaufman. The boots to get into before you get out there.

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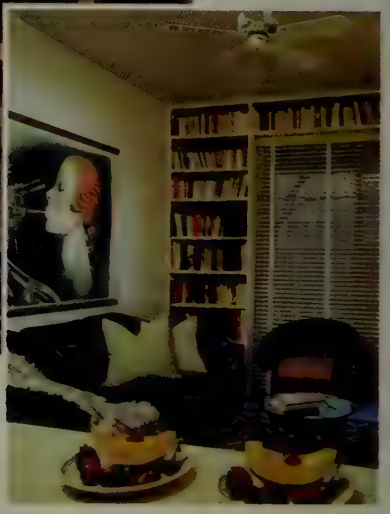
WARM & DRY

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With tucked-under storage for electronic equipment, an L-shape bar serves as a desk, a casual spot for dining, or a buffet for parties.



Wrapping a patio slider, shelves bring new function and a cozy library feeling to this sitting spot.

Big Ideas, Compact Space

High-rise built-ins, colorful art, and easygoing seating turns even a tiny, off-the-kitchen spot into a happy, busy gathering place. The owner of this 10x12-foot den squeezed new uses into every inch of space.

Once the sitting side of the kitchen, the den is now a library, a work center, a casual dining and entertainment spot, and a place to talk with the cook. After remodeling, the den side gained a separate identity, thanks to a sleek, new desk-and-dining bar. Neutral colors and bold geometrics link the den to the kitchen.

Getting this small space organized meant putting walls to work. Narrow built-in shelves wrap around three sides of the patio sliders without [illegible]. The skinny blinds monitor sunshine and [illegible] keep the look at the doors light. Entertainment gear stores within easy reach in a low cabinet, tucked into a corner by the fireplace. These tips will help you balance function and fun in a tiny space of your own:

- Start with a generous sofa for plenty of room to stretch out, and hang a huge poster above it for dramatic focus.
- Send tall bookshelves shinnying up the walls to lend coziness and architectural grandeur to a tiny space.
- Warm up the floor and define the conversation space with an area rug. Choose a design element from the rug, such as this dramatic checkerboard, to repeat elsewhere.
- Add vibrant accents around the room with shots of color from artwork and books. One oversize element, such as this poster, brings big impact to a small space.

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½ cup water
Flavoring* and food coloring (as desired)
Colorful ribbons, lollipop sticks or ice cream sticks

Lollipops to light up the tree. Or pop in your mouth.

What a brilliant way to sweeten the Holidays. Lollipops and lollipop decorations that are quick, easy and fun to make. And because they're made with 100% pure Domino® Sugar, they're also 100% delicious.

Using a wooden spoon, stir first 3 ingredients in saucepan over low heat until dissolved. Increase to high heat. Bring to boil without stirring and cook for 15-20 minutes until 300°F or hard-crack stage. (To test: put a drop of mixture in glass of water–if brittle ball forms, it's ready.) Remove from heat. *As with any hot liquid, take special care in handling.* Blend in flavoring* and food coloring. Using your imagination, *slowly* pour free-form shapes or 2" circles from glass measuring cup with small spout onto foil-lined baking sheet. Using back of spoon (mixture is still hot), press ribbons or sticks into each lollipop immediately. Decorate with candies. Cool at room temperature.

*Flavoring ideas (choose one):
1½ tsp. peppermint extract
2 tsp. lemon extract
½ tsp. almond extract
¼ tsp. oil of cinnamon
1 tsp. vanilla extract

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COOKED JUST RIGHT IN YOUR MICRO-WAVE

Quit guessing whether a food cooked in your microwave oven is done. Follow these suggestions from our Test Kitchen.

Quick breads, muffins, and cakes don't brown in the microwave. Test them by scratching the wet surface with a toothpick. If done, the dough underneath will be cooked.

Fish and seafood look the same as in regular cooking. Fish flakes when tested with a fork. Shrimp turns pink, scallops become opaque, and clam and oyster shells open.

Meat overcooks quickly, so check it at the minimum cooking time. Ground beef should have no pink color. For small cuts, use a fork to check for tenderness. For larger cuts, use a temperature probe or thermometer and check in several spots.

Poultry, when properly cooked, contains no pink and the juices run clear. The temperature should fall somewhere between 180° and 185°.

Stirred custards and puddings coat a metal spoon when thickened. A baked custard is ready when its edges are set but the center quivers like soft-set gelatin. The center sets as the custard stands.

Vegetables are usually ready to eat when they are crisp-tender. Judge their tenderness by poking them with the tines of a fork.

COOKING GUIDELINES

Because microwave ovens cook at different rates, all *Better Homes and Gardens*® recipes include a range of cooking times (such as 6 to 9 minutes). As a general rule, check a micro-cooked recipe for doneness at the minimum time given. If it needs further cooking, recheck it every 30 to 60 seconds. In judging doneness, allow for additional cooking if the recipe suggests a standing time.

Anne of Green Gables and L.M. Montgomery



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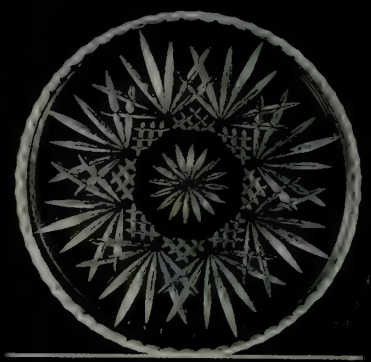
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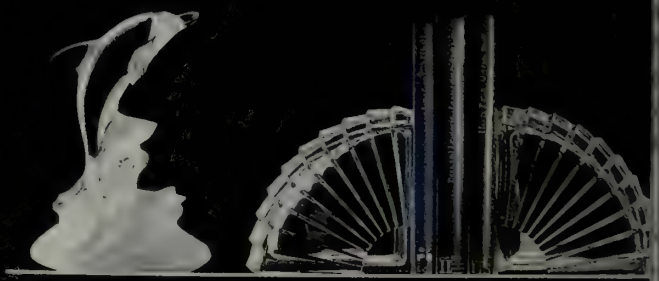


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COMPUTER QUICK

After a recipe is tested and approved in our Test Kitchens, a nutritionist computes the nutrition information, relying on software designed specifically for this use. (The software nutrition information is based on USDA figures and information from food manufacturers.) The nutritionist enters each recipe ingredient and its exact amount into the computer, as well as the number of recipe servings. On command, the computer prints out the amount of each nutrient provided in one serving of the recipe, ready for us to publish with the recipe.

DO IT YOURSELF?

For computer and nutrition buffs, software companies offer a variety of nutrition analysis packages. Database programs differ in the number of foods and nutrients included, the type of home computer required, and menu analysis capabilities.

Software package costs range from less than $100 to more than $500. Reviews in the the *Journal of the American Dietetic Association* and the *Journal of Dietetic Software* (both found at some libraries) may help you find a program that best suits your needs.

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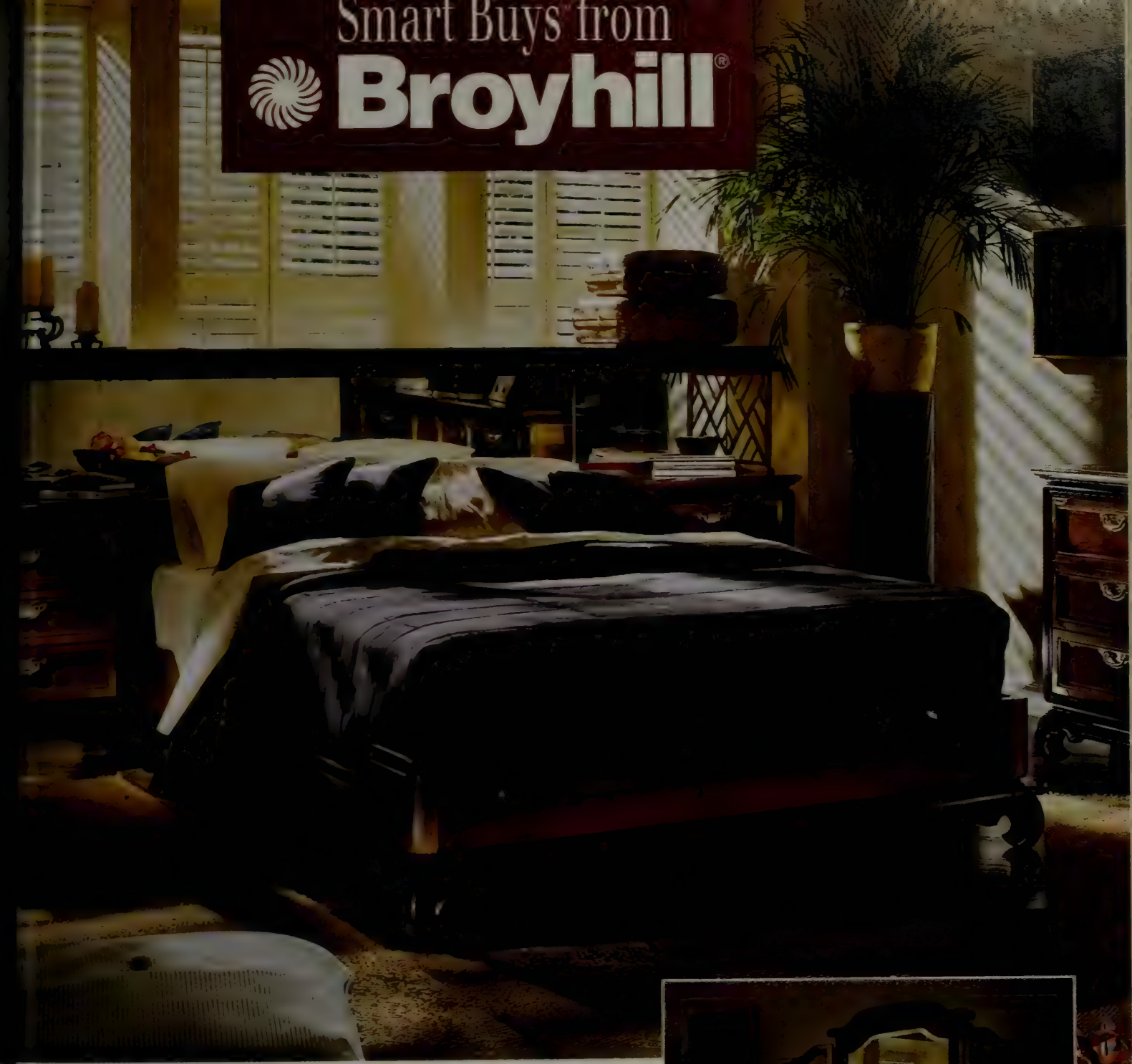


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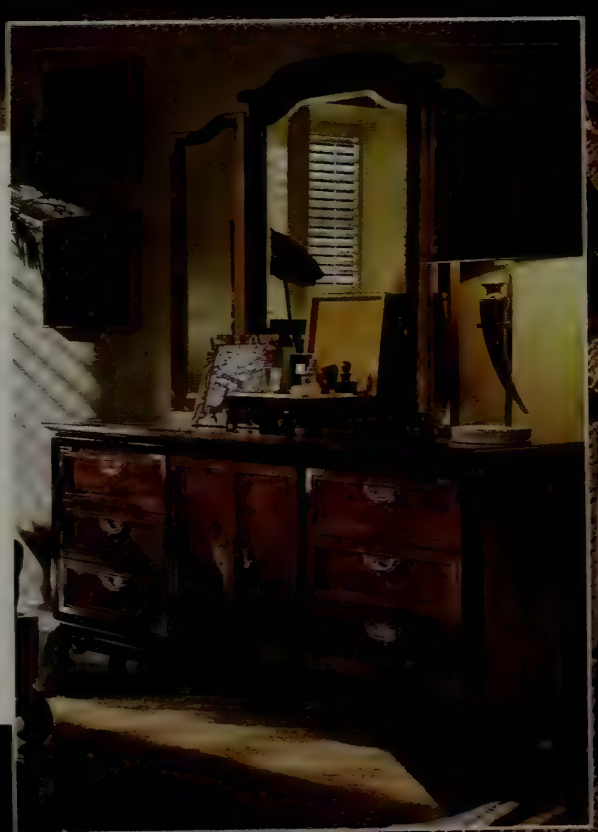


Ming Dynasty™ by Broyhill Premier® is a spirited rendition of classic Oriental design with the extraordinary decorating versatility that is at home in a wide variety of settings. Ming Dynasty is masterful, yet subtle, and reflects Broyhill's renowned style, quality and affordability.

Ming Dynasty features a thoughtful blend of timeless lines and twentieth-century proportions. Finely crafted from hand-finished cherry, olive ash burl veneers and maple solids, this handsome collection is as versatile as today's interiors – eclectic or contemporary, yet never austere.

Ming Dynasty. Ageless beauty by Broyhill.

Designed with today's storage needs in mind, the Ming Dynasty bedroom features a mirrored back headboard and interior lighting; sturdy, drawered bachelor chests at bedside, and a platform bed which accommodates both a mattress and box spring. A generously scaled dresser and tri-fold beveled mirror add even more storage and flexibility. Featured above: Storage Headboard, $650, Storage Headboard Deck, $525, Right and Left Bachelor Chests, $425 each, Right and Left Bachelor Chest Decks, $290 each, Platform Bed, $650. Featured right: Tri-Fold Mirror, $500, 9-Door Triple Dresser, $1065.



Smart Buys™ from Broyhi

Ming Dynasty reflects Broyhill Pre exquisite attention to detail. Mellow w tones are complemented by a deep um finish, a combination of light and dark enhances the elegant lines and unique elements of this versatile collection.

Gracefully curved pagoda tops and legs are as appealing today as in centu past. Parquet veneering showcases the fully characteristic grain of the olive as Unique brass-finished hardware is fash into mending plates at corners and art curved drawer and door pulls.

Put it all together and you have a c tion that will add elegance and a subtl mystique to any interior. And, because crafted by Broyhill Premier, Ming Dyn will stand the test of time – and your a ever-changing lifestyle.





The Ming Dynasty dining room is a casually sophisticated setting for memorable dinners with friends and family. The China offers splendid presentation of treasured artwork and serving pieces with its mirrored back, interior lighting, glass shelves and beveled glass doors. The rectangular table top features a broad expanse of burled ash. Featured above: Mirrored Back China, $1950, Rectangular Leg Table, $1150, Splat Back Side Chair, $205 each, Splat Back Arm Chair, $245 each.



The Server, $900, features a unique sliding top th to reveal a functional laminate serving surface.

It's easy to transform Ming Dynasty living room fu ings to fit any interior. Simply choose the fabric th with your home's design theme: a classic jacquard traditional settings, a multi-toned check for transit rooms, or a classic leather for a warm, contempor mood. Broyhill gives you a wide selection to achie your favorite look. Featured left: Cocktail Table, S Lamp Table, $325, Commode End Table, $375, S Table, $415, Sofa, $990, Loveseat, $925, Bookcas $815, Entertainment Unit, $1625, China Unit, $1 Corner Unit, $525.



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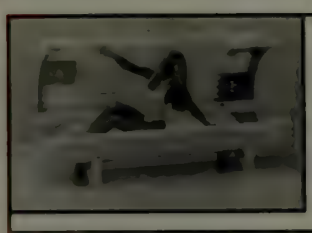
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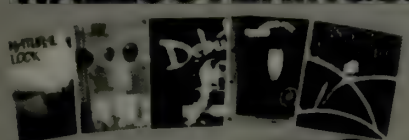
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"A place loses its small-town image," writes Aunt Opal, "the first time you discover a line at the post office window."

Ned Carter agrees that it's worthwhile to stop and smell the roses, but just not in front of him on the highway.

I'm always amazed at how often I call a company for customer service, only to be told that the person I need to talk to is away at a customer service seminar.

Dot Dresch asked her car mechanic what could be done about a new rattle her jalopy had developed. "I guess I could turn up the radio," he quipped without missing a beat.

November finds Congressman Nick Hanfli wondering when our country's economic health will get back to normal, although increasingly he suspects it already has.



"I just realized I'm too old to die young!"



"Ever think of going on a low-fat diet this time of season?"

"Marriage is like buying an old phonograph record at a garage sale," the Rev. George Hall intoned last Sunday. "You get what you like on one side, but you have to take what you get on the other."

Elaine Cowan crows about the efficiency of her new car. "Last weekend," she says, "I got at least 15 shops to the gallon."

Dr. Bob Hannelly says that, these days, older folks are less concerned about heart disease than about drowning—in government health care paperwork.

Dot Dresch argues that what our city really needs are campaign promises that last as long as campaign signs.

The best thing about letting his teenage son do the driving on trips, says Bill Norman, is that now he can sit in the back, whine about stopping for snacks, kick the driver's seat, and ask repeatedly if they're almost there.

~As in many towns, revenue sho ages have forced our city officials t curtail many human-service activ ties. But that doesn't mean these important programs no longer exi

Our churches, for instance, quic ly banded together to provide food, clothing, and shelter to those in need. Chris and I volunteer sever hours a week, and Burt Jr. and Judy have lent a hand on Saturda

Such efforts have moved others action. A group of doctors, mental health workers, and nurses donate few hours each week to staff a low-cost clinic. The local bar associatio runs a free weekend legal clinic.

Even Ned Carter, long a critic o many municipal services, is impressed with what the communi can do. Best of all is the good feelin that comes from helping others hel themselves. We also know that, though budgets may fall short, the will never be a shortfall in human kindness and compassion.

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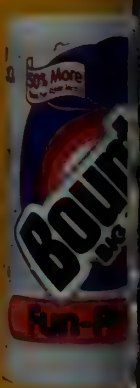
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elebrate
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country
ristmas p.65

agical
corating
light your
ne and heart p.83

licious
emories
recipes you
ed as a kid p.126

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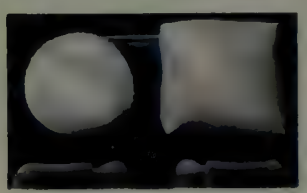

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CONTENTS

December 1993

VOLUME 71 NUMBER 12

65
Our Cover Story
The Nature of Things



21
Holiday Welcome
Decorating with dried flowers.



83
To Light Your Heart
Holiday magic for your rooms.

126
Delicious Memories
Favorite recipes from readers.

FRIENDS AND FAMILY

Editor's Letter 11
Family Network® *Solutions to family problems* 16
Be an Angel 48
The Man Next Door® *Writes about family, friends, and neighbors* 190

GARDENING

Holiday Welcome 21

CRAFTS

The Nature of Things 65

DESIGN

To Light Your Heart *Easy holiday perk-ups for everyday rooms* 83

continued on page 5

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BAILEYS AND BAILEYS LIGHT

continued from page 3

BUILDING AND REMODELING

Project Plan: Chippendale Wall Mirror 58
Tips, Tools, & Techniques 178

ENVIRONMENT

An Earth-Kid Christmas 30

FAMILY MATTERS

A "Toyful Season?" *When your kids have plenty* 34
Study Tips from America's Best Students 36

FEATURES

A Buyer's Guide to CD-Rom 43
Auto Update 176
Finicky Eaters *Teach your cat to eat* 179



FOOD

Good Food / Good Health *Good-for-you gifts* 54
Chill Chasers 112
Delicious Memories 126
Holiday Cookie Contest *More than $10,000 in prizes* 139
Recipe Index 140
Win Money and Prizes for Your Recipes 171
Prize Tested Recipes® *Elegant Entrées, Holiday Breads* 173

SHOPPING

Buying Guide *Names and addresses of retailers and manufacturers of products shown on our editorial pages* 76
Directory of Architects and Designers 81
Reader Shopping 56, 98, 103, 111
Shopping Editor's Choice 184

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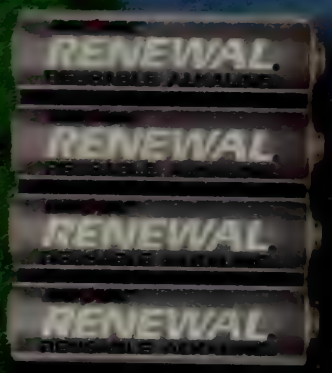
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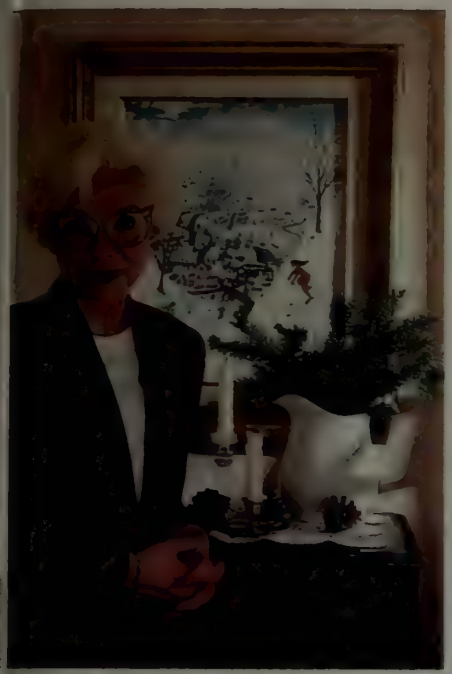
Got a question? Just call us anytime.

That's the Power of Renewal



RAYOVAC
RENEWAL

between friends



There's no place like home for the holidays! That is, if you have a home.

I was one of the lucky kids. To me, Christmas meant trimming the tree and enjoying a traditional Scandinavian supper before going off to services in our little country church. And because there was always more love than money in our family, the holidays meant making gifts and delivering them to friends and relatives, all in comfortable homes filled with holiday spirit.

Yes, I was one of the lucky kids. But not everyone was—or is—that lucky. December comes and families are huddled in shelters. There is no tree. There are no gifts. There's not even a home.

At this time of year, my thoughts turn to those who have less than I do. And to those who are helping. So let me take this opportunity to thank the businesses that have helped homeless families by contributing to The Better Homes™ Foundation—Marshalls Department store, which is sharing with the foundation proceeds from the sale of a holiday candle, and Jackson & Perkins, which is helping homeless families through the sale of their Small Miracle rose. I'd also like to thank each of you who has contributed this past year. It's the hope of The Better Homes Foundation that someday everyone will be able to say "there's no place like home for the holidays!"

Jean LemMon

Jean LemMon, *Editor in Chief*

ADVERTISEMENT

IT'S NOT JUST FOR PANCAKES.

You'll love this month's 100% pure maple syrup recipes and serving suggestions on pages 160 and 161.

Just one taste will tell you there are no substitutes.



100% PURE MAPLE SYRUP



THE KARO® SIX-MINUTE CLASSIC

Just one bowl, six ingredients and six minutes* is all it takes to make the delicious Classic Karo® Pecan Pie. A holiday tradition for almost 100 years.

Classic Karo® Pecan Pie

3 eggs, slightly beaten
1 cup Karo® Light or Dark Corn Syrup
1 cup sugar
2 Tbsp. butter or margarine, melted
1 tsp. vanilla
1½ cups pecans
1 unbaked (9") pastry shell

In large bowl, stir eggs, corn syrup, sugar, butter and vanilla until well blended. Stir in pecans. Pour into pastry shell. Bake in 350°F oven 50 to 55 minutes or until knife inserted halfway between center and edge comes out clean. Cool. Makes 8 servings.



Perfection As Easy As Pie.

For more quick and [illegible] Karo® pie recipes, send your name and address to: Karo® Pie Recipes, P.O. Box 307, Dept. K-AD, Coventry, CT 06[illegible]

*Approximate preparation time, exclusive of baking time. ©1993 Best Foods, CPC International Inc.



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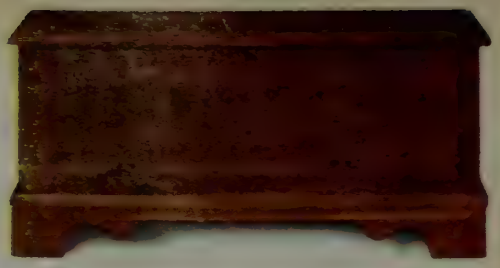
This year, give someone the ... with a Lane® Recliner. Our newest design features a revolutionary, contoured footrest for ... -toe support. And since it's made by Lane, this gift will still be sweeping you ... feet years from now. For a free brochure, write Action Industries, Inc., Dept. ... 627, Tupelo, MS 38802.

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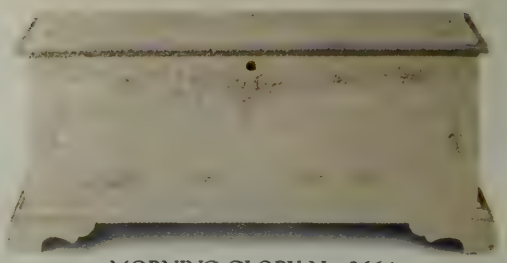
Give the gift of timeless tradition with a genuine Lane® Cedar Chest. Crafted with a cedar lining and aroma tight seal, our cedar chests will help keep your cherished possessions looking exactly the way you remember them. There are more than 100 styles, priced from $200. For a brochure of many popular styles, send $1 to The Lane Company, Inc., Dept. L120, Altavista, VA 24517.

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For memories too precious to be erased by time.™



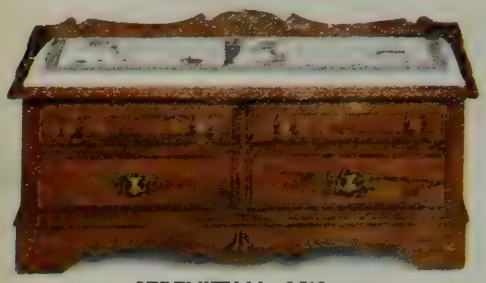
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Love begins to bloom for Belle and the Beast.
A Bradford Exchange recommendation.



Free
***Beauty and the Beast* cassette tape!**

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NUMBER

This number, fired on the ..., certifies that your plate is ...ially listed for trading on the Bradford Exchange.

An extra bonus!
Get a free audio cassette of the *Beauty and the Beast* movie soundtrack—a $10.98 retail value—with your plate purchase.

...e Beast once inspired terror in Belle. Now ... inspires something else. As they glide across the ...nd ballroom dancing, the Beast's generous and ...ble heart captures Belle's own. Could this be love ... last?

...Now you can recall the drama of Disney's *Beauty ...d the Beast* with a fine porcelain collector's plate ...m Knowles China inspired by this delightful film. ...d like exceptional collector's plates that com-...and hundreds of dollars on the plate market, the ...ove's First Dance" plate appears to have what it ...es to go up in value once the edition closes.

...Some exceptional plates appreciate in value; ...me plates go down, and many remain at or near ...sue price. But the edition of the "Love's First ...nce" plate is strictly limited to a maximum of ...0 firing days, and demand is expected to be ...ong. So if you wish to obtain this plate at the ...9.90 issue price, the time to act is now. To order ...ur plate—fully backed by our unconditional ...5-day guarantee—send no money now, simply ...mplete and mail the coupon.

...1993 BCE RBB-351S

"Love's First Dance"
In full color on fine porcelain from Knowles China
Shown smaller than actual diameter of 7½ inches
©The Walt Disney Company

Your Bradford Exchange Advantages:

- A hand-numbered limited-edition plate with a corresponding hand-numbered Certificate of Authenticity
- A complete plate story introducing you to the artist and detailing the significance of this recommendation
- The potential for appreciation—like 1990's "Pinocchio and the Blue Fairy," which last traded on the Bradford Exchange at $100.00,** 334% of its $29.90 issue price
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December 31, 1993

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RECOMMENDING TOMORROW'S TREASURES TODAY℠

YES. Please enter my order for the "Love's First Dance" plate.
I understand I need SEND NO MONEY NOW. I will be billed $29.90* when my plate is shipped.
Limit: one plate per order.

Signature _____

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Address _____

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*Plus a total of $3.49 postage and handling and sales tax where applicable.
**As reported in the Bradford Exchange Market Report, Vol.V-6.
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9771-E81291

A Holiday Gift Idea From Kodak

Cameras + Kids = Creativity!

Here's an exciting, educational way to introduce children to photography. The KODAK Photo fx Camera Outfit is a complete photo package designed just for kids 8-12.



Includes:

- 35mm KODAK STAR 275 Camera
- Roll of KODAK GOLD Ultra 400 Film
- 2 AA batteries
- Photo manual explaining basic camera parts and how they work
- A collection of activities, albums and projects that encourage kids to tell stories with their pictures

The KODAK Photo fx Camera Outfit is the perfect gift for holiday moments to remember.

© Eastman Kodak Company, 1993

Kodak

family network

READERS' SOLUTIONS

Note: "Summer Reading for Kids," an article in the June issue of *Better Homes and Gardens*®, erroneously reported the name of a book publisher. *Raising Readers: Helping Your Child to Literacy* is published by Peguis. Phone 800/667-9673.

HOLIDAY HELPERS

Ever wonder how to manage one more chaotic holiday family dinner? Enlist help. Shortly after guests arrive, pass the holiday hat. Tell each guest to pull out a slip of paper, which contains an assignment, such as mash the potatoes, set the table, fill glasses, make gravy, carve the turkey, cut pies, give the prayer. Children can be included too. Place the easier jobs in a different container for them.

Mary Elizabeth Anderson
Grand Island, Neb.

PAINLESS DONATIONS

I've found that I can easily donate to our local food pantry with the "buy one, get one free" offers from the grocery store. The free item goes into a bag. At the end of the month, I can deliver two or three bags of useful supplies to the food pantry, without making a dent in my budget.

Sue Mandell
Natick, Mass.

FAMILY NEWSLETTER

We have a very large family living all over the U.S., so we have developed a newsletter that is mailed six times a year. Family members are encouraged to write me, telling of their family activities. I compile the information into the newsletter, adding pictures and other appealing items. One family is spotlighted in each issue; births and weddings are announced, graduates are honored, and other news is shared.

Bonnie Cera
Youngstown, Ohio

NEIGHBORHOOD JOBS DIRECTORY

It can be very handy knowing who in your neighborhood is willing to baby-sit, care for pets, mow lawns, etc. A neighborhood directory with such information can be compiled, listing the worker's name, phone number, and the job they're willing to do. Then print enough directories for everyone in the neighborhood.

Meisha Card
Cola, S.C.

QUILT FIGHT

When our two children fight, I tell them, "Wait, let me put a quilt on the floor, and you can fight on that." I take my time spreading it out to get it just right while they watch. I can see all the fight going out of them. When I'm done, they begin to giggle and end up playing on the quilt.

Mrs. Del De Mage
Magnolia, Miss.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of Better Homes and Gardens®. We will pay $50 for each idea published.

What will his underwear be doing a year from now?



Chances are, if they're BVD® UNDERWEAR, he could still wear them.

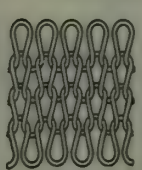
Because our comforts are made to last.

Unlike most of our competitors, we're picky about cotton.

VERY PICKY.



That's why we **COMB OUR COTTON** so only the longer fiber remains. The rest we reject. Then we knit more of this incredibly soft, incredibly strong fiber into every square inch of our briefs, so they'll hold up longer.



And even after loads of washing, our **CLOTH STAYS THICK.** Those others waste away.



These are just three of the many reasons he'll still be sitting in the lap of our luxury long after other underwear have started second careers cleaning up paint.



THE NOT-SO-BRIEF BRIEF.™

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MERCURY VILLAGER It's true that the competition may not be all that excited about the overwhelming success of the Mercury Villager.

After all, it *is* the only front-wheel-drive, V-6 powered minivan that gives you the smooth, quiet ride and easy handling of a Mercury.

Our competitors would breathe a lot easier if you didn't know about Villager's inno sliding rear seat that easily slides forwa make extra room for additional cargo. C



Villager's innovative sliding rear seat moves forward in seconds for extra cargo space. Its removable middle seat provides even more cargo space.

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LINCOLN-MERCURY DIVISION Buckle up—fo

er's standard four-wheel anti-lock brakes,
ble CD player, power moonroof and keyless
system. The kind of amenities that separate a



Mercury minivan from just an ordinary minivan.

So if you want to know more about the Mercury Villager, we suggest you take it for a test drive or call 1 800 446-8888. And pay no attention to that gentleman in the lower right-hand corner.

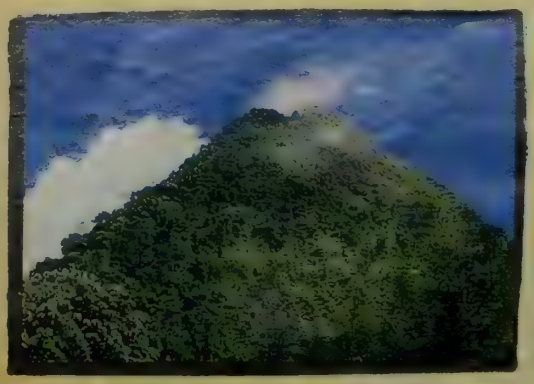
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ALL THIS AND THE QUALITY OF A MERCURY

Would Be Happy
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oked at me as if I were a
character from her dream.

This is the mountain...



fertile and
sun-drenched.
The soil
richer than
any from
the land
below.

that grows the beans...



the finest,
mountain grown.
Dark, robust.
Aroma-roasted.
Specially ground.
Packed while
still warm.

that make aroma-rich Folgers...



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intense, with
the promise of
deep,
delicious
coffee flav

that wakes up the Hartigans in Redmond Falls, North Dakota...



the mountain grown
aroma, opening
their eyes, enticing
m to enjoy a
bright day ahead.

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Folgers. The best ... wakin' up.



holiday welcome

BY JANE AUSTIN MCKEON

Berries and twigs, not baubles and tinsel, are the featured ornaments at Gregory's, a celebrated flower and garden center in Wakefield, Massachusetts. At holiday time, owner Greg O'Brien creates decorations inspired by nature. Here's a collection of his favorite ideas you can re-create for your home.

(Above) Christmas Cornucopia; turn page for instructions.



Christmas Cornucopia

Purchase an undecorated 16- or 18-inch balsam wreath. Attach fresh vegetables (carrots with leaf stalks, a shucked corn cob, beets, and a sweet potato) to the wreath with wire. Conceal the wire with straw-colored raffia tie. Secure the turnip by poking [illegible] wooden sticks into it from the [illegible]. Place a handful of [illegible] potato for a[illegible] greens.

Elegant Entry

Purchase matching pairs of plain boxwood wreaths. Decorate the wreaths with gold ribbon bows. Hang them side by side on double doors. Fill two large clay pots with sand. Poke into the sand a mixture of greens: balsam, white pine, blue-berried juniper, and yellow-tipped cedar. For contrast, add pinecones, bayberry, and milo seed heads spray-painted gold. Adorn with gold ribbon bows.

holiday welcome

Nature's Greetings

Decorate a doorway with fir roping, intertwined with grapevine. Attach to the outer edges of the door frame with wire and metal hooks. Wire sprigs of rose hips to the grapevine and fir roping. Embellish a 14-inch balsam wreath with natural materials: a bird's nest, dried apples, birch bark, lichen, moss, pomegranates, juniper, and cedar. Affix each ornament to the wreath with wire. Add a velvet bow.



Woodland On a Windowsill

Fill a window box with soil or sand. Form a base with branches of traditional holiday greens: balsam, white pine, yellow-tipped cedar, and blue-berried juniper. Add an array of woodland accents: alderberries, red birch branches, curled birch bark, a bird's nest still nestled in a bough, rose hips, bayberry, and a grapevine garland. For interest, stick in small terra-cotta pots from your garden.





Folk-Art Tree

Buy a small, potted evergreen tree, about 3 to 4 feet tall. Wrap the foot of the tree in burlap, tied with bayberry and overlaid by a music garland. Nestle into the tree freeze-dried lemons, birch bark, bayberry, pampas plumes, wheat, and a bird's nest. Add folksy ornaments: tin snowmen, wooden Santas, sunflowers, a rooster, and a fish. Elevate the tree on a bench and stack gifts underneath.

O Tannenbaum

Buy a small, balled-and-burlapped evergreen tree, about 3 to 4 feet tall. Soften the balled base with blue-berried juniper sprigs and thin grapevine garland. Carry the garland into the tree, coiling it around the branches up to the top. Decorate the tree with tiny white lights, Victorian ornaments, transparent glass balls, pink heather, silk hydrangea, dried roses, and bunches of grapes. Top with a ribbon bow.



Hen for the Holidays

Start with any woven basket. Fill the basket to overflowing with blue-berried juniper branches and lemon leaves. Place a potted sheaf of wheat behind the basket for height. Arrange garlic cloves, pomegranates, dried red peppers, and moss in the center of the basket. Lay long stems of dried roses and wheat so they project out from both sides. [illegible] raffia bow and pin[illegible] [illegible]en on top.

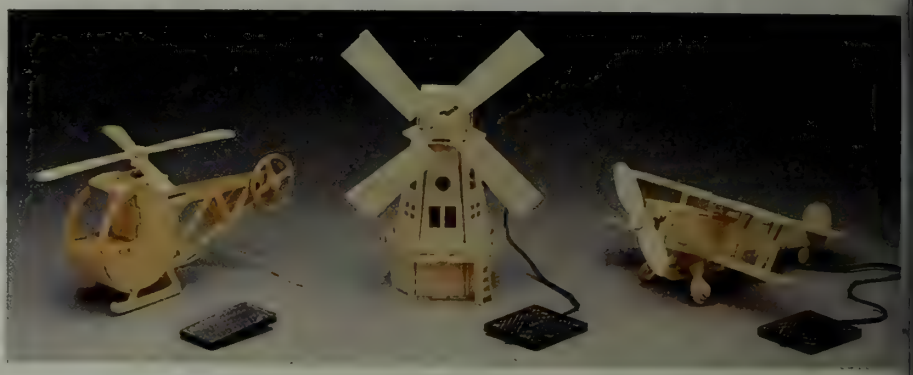
Gracious Garland

Wrap a railing with fir roping, intertwined with grapevine. Secure the garland to the handrail with wire. Add bunches of bayberry, large pinecones, silk green hydrangeas, and freeze-dried lemons and artichokes. Wire these natural materials to both the railing and the roping. Punctuate the foot of the railing with a long-tailed, red velvet bow and pots of salmon-colored poinsettias.



An Earth-Kid Christmas

Encourage your children's concerns for the health of our planet with gifts that will expand their understanding today and reap benefits for their tomorrows. Here are some shopping suggestions, but these are only a sampling. Environmentally oriented games, books, and toys are available at stores everywhere.



SOLAR MACHINES

Help young minds soar with solar by introducing them to the sun's energy. Each of these simple wooden models comes with a motor powered by a solar cell. The copter rotor spins, the windmill sail turns, and the airplane propeller revs. Real Goods, 966 Mazzoni St., Ukiah, CA 95482-3471. Order by phone, 800/762-7325.

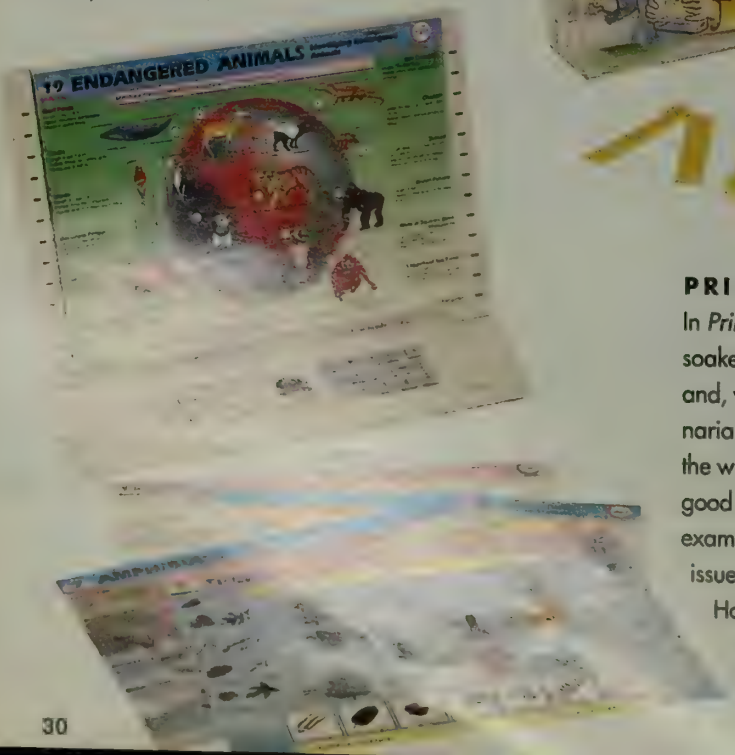
GEOSAFARI

Where is Mt. Everest? Can you identify a manatee? What does a ruby look like? School-age minds can compete with others or play solo when answering questions posed by the electronic GeoSafari game. Retail price is $99.95 for the game unit and 20 lessons. There is also a version for 3- to 7-year-olds. Educational Insights, 19560 South Rancho Way, Dominguez Hills, CA 90220.



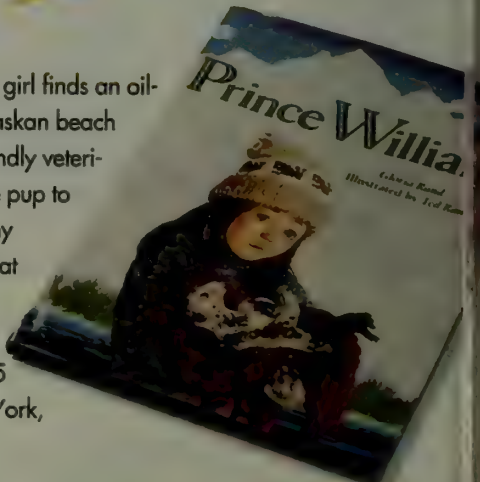
ENVIRONMENTAL DETECTIVE KIT

Look out polluters! Kids armed with this informative package can scour their neighborhoods testing for acid rain. The kit also can be used to create an ant farm or terrarium, and it includes a booklet showing youngsters how to track changes in local environmental conditions and how they can best explore the natural world around them. About $14. HarperCollins Publishers, 10 East 53rd St. New York, NY 10022



PRINCE WILLIAM

In *Prince William*, a young girl finds an oil-soaked otter pup on an Alaskan beach and, with the help of a friendly veterinarian, is able to return the pup to the wild. This is one of many good young-reader titles that examines environmental issues. About $15. Henry Holt and Company, 115 West 18th St., New York, NY 10011.





GIVE SOMEONE YOU CARE ABOUT A LITTLE WARMTH THIS WINTER.

What better way to make someone feel warm all over than by giving them a *Sunbeam* Automatic Blanket. Not only is it a great way to stay comfortable all night long, but the *Sunbeam* Blanket saves money by heating just you and not the whole house. The *Sunbeam* Automatic Blanket. Because everybody deserves a little warmth this time of year.





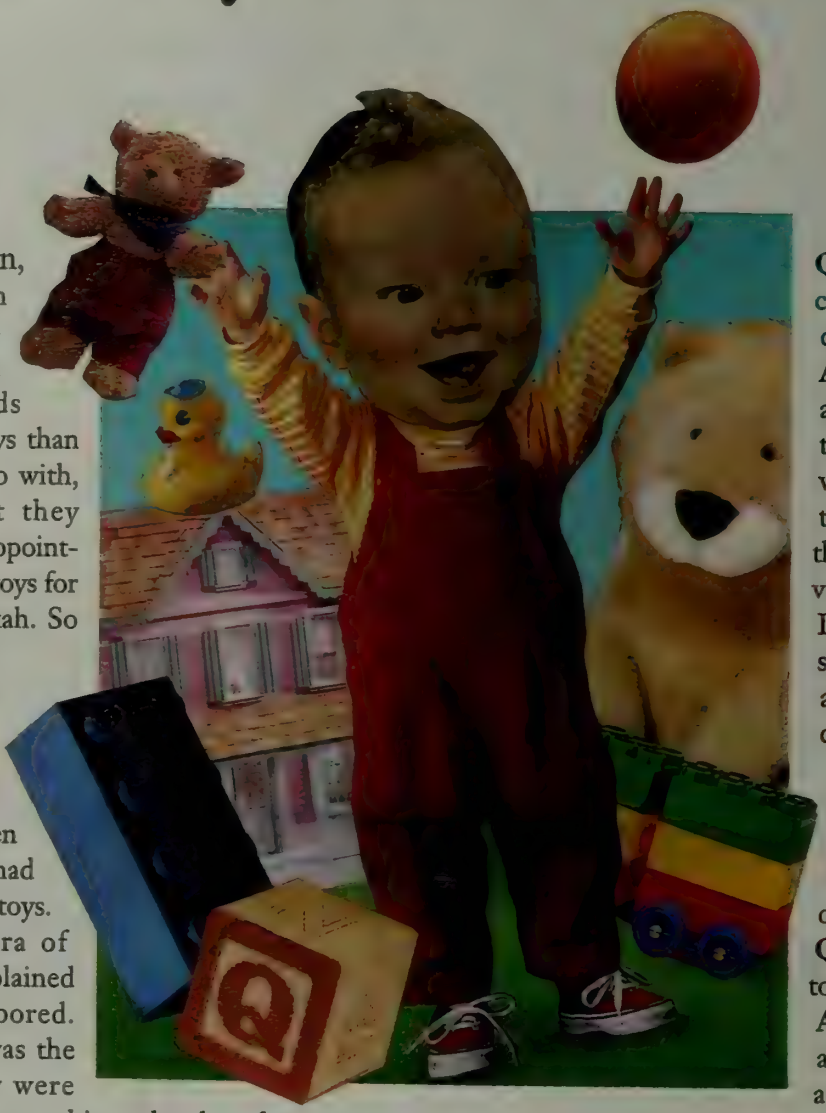
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A "Toy-Ful" Season?



If you have children, the holiday season probably is synonymous with toys. You may feel your kids already have more toys than they know what to do with, but you know that they would be terribly disappointed not to receive any toys for Christmas or Hanukkah. So what's a parent to do?

Fifteen years ago, when our children were 9 and 6, my wife and I faced the same problem. Between them, Eric and Amy had collected at least 300 toys. Despite this plethora of playthings, they complained constantly of being bored. Especially sobering was the realization that they were whining precisely because this avalanche of good-intentioned giving had smothered their imaginations. They had lost touch with the "magical make-do of childhood"—the ability to improvise, create, and do a lot with a little. Eric and Amy believed play came from a toy store instead of from their own little heads. Willie and I concluded that the children would never learn to do a lot with a little if we continued to give them a lot.

Bracing ourselves for the backlash, we told them that since we rarely saw them play with more than a few of their toys, and since there were children who had none at all, we had decided to give most of their toys to a children's charity. They would be allowed to keep 10 toys each (a "set" or collection of something counted as one toy). Of the rest, those that were in good repair were going to an appropriately good cause.

We were bowled over by their reaction: They were actually excited about the idea. In no time at all, they had separated the wheat from the chaff and were busy boxing up their donations.

Whenever I tell this story, I'm asked these questions:

Q: Did you set guideli concerning which toys children could keep?

A: No, but we enco aged them to keep t that were high in "pl value," meaning th that were durable a that could be utilized i variety of creative wa Into this category fell t similar to the ones Wi and I had played with children. For examp Eric kept his set interlocking buildi blocks; Amy kept sev al soft, cuddly, no-te dolls and a dollhouse.

Q: How long did it ta to see results?

A: It took the childr about two weeks adjust. They were n only occupying themselves creatively for longer perio of time, but also getting along better. It was as if havi less territory rendered them considerably less territori The children quickly lost interest in toys altogeth They became generally more focused, they read mo and best of all, they stopped complaining of being bore

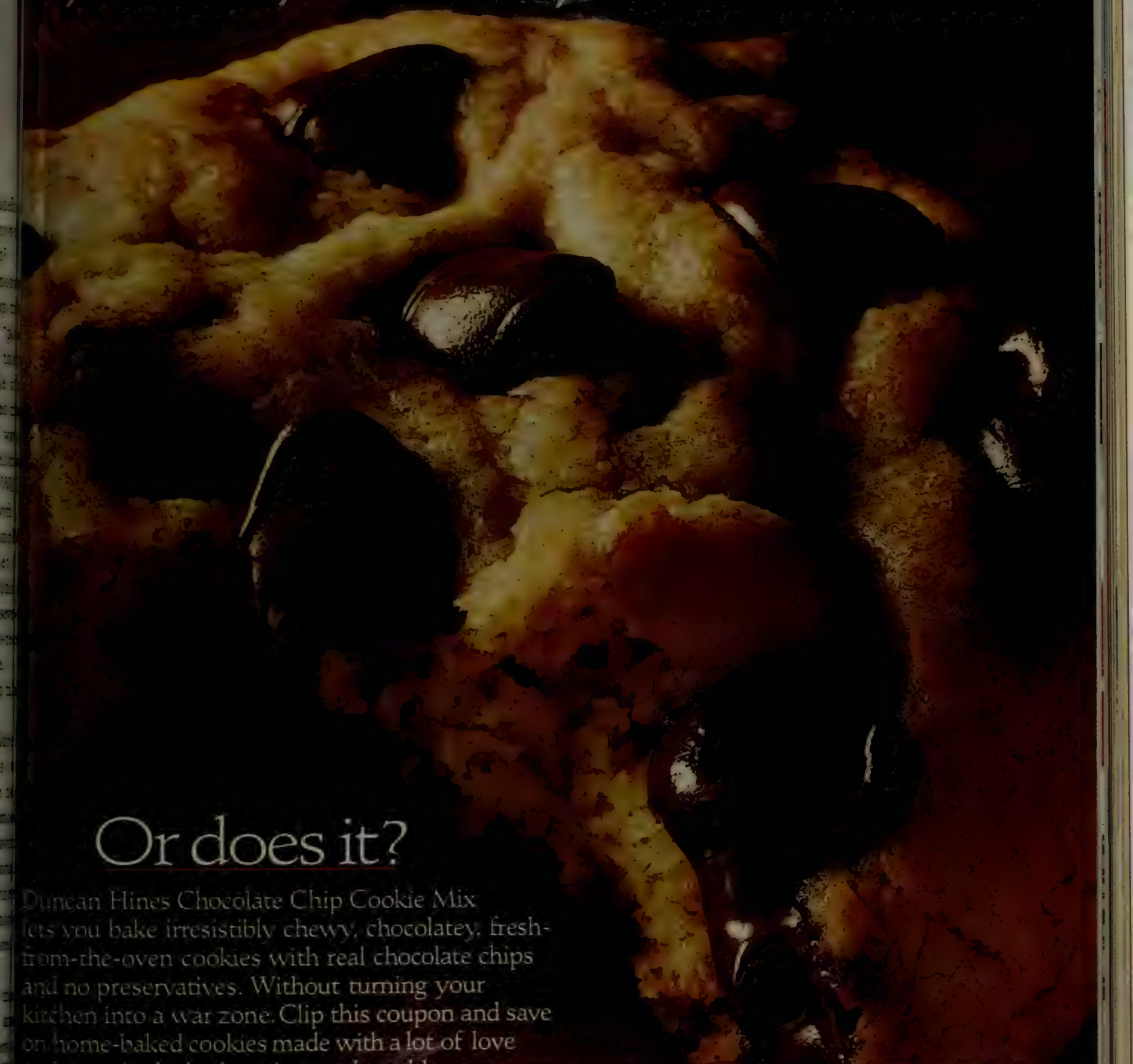
Q: How did you deal with relatives?

A: We wrote a letter to all the relatives explaining th Eric and Amy would play with their Christmas toys a games for one week, then select two each as "keeper The rest were going to that same children's charity. W added that the children had no objection to this polic That Christmas, instead of toys, the relatives sent bool clothes, records, and gift passes to fast-food joints.

This holiday season, help your children discover, ours did, that where toys are concerned, less is tru more. A more lasting gift cannot be found. ⌂

—Family psychologist John Rosemond's latest book Making the "Terrible" Twos Terrific!, *(Andrews a McMeel, $8.95)*

"Homebaked" means you have to ft, soften, measure, beat and blend.



Or does it?

Duncan Hines Chocolate Chip Cookie Mix lets you bake irresistibly chewy, chocolatey, fresh-from-the-oven cookies with real chocolate chips and no preservatives. Without turning your kitchen into a war zone. Clip this coupon and save on home-baked cookies made with a lot of love and care. And a lot less time and trouble.

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Duncan Hines® Cookie Mix

by Mindy Pantiel

Study Tips from Top Students



Jennifer Katz
Woodbury, New York
Prepares Early

Jennifer Katz, an A-average seventh grade student from Woodbury, New York, didn't get where she is by being patient. When she learns that a teacher is planning to give a test, Jennifer begins studying immediately. "Even if the test is two weeks away, I like to get going as early as possible and review a little at a time," she says. "Pacing yourself is important, and I never wait until the night before."

Don't tell that to Christopher Rieger. The Boulder (Colorado) High School's valedictorian prefers cracking the books just two days before the big exam, after carefully keeping up with daily assignments. "I head for the basement right after dinner and stay down there until the job is done—usually a couple of hours each night."

> "I head for the basement right after dinner and stay down there until the job is done—usually a couple of hours each night."
>
> —*Christopher Rieger*

Different approaches work for different students. That's why we asked seven of America's best to tell us what works for them. If you know a student who would like to do better, these ideas may be the key to a brighter future.



Brookanne Barrett
University of Colorado at Boulder
Paraphrases Paragraphs



Jessica Atkins
University of Vermont
Devises Acronyms



Christopher Rieger
Boulder, Colorado
Plays Quiet Music

ESTABLISHING STUDY SKILLS

Two common threads run through the success of most of our experts: good note-taking skills and a devotion to doing daily homework assignments.

To streamline her note-taking, Roxanne Stewart, a straight-A undergraduate at Arizona State University, developed a set of symbols. "In my psychology class I write "P" for psychological, "B" for behavioral, and so on. It's a real time-saver," she says.

Brookanne Barrett found she needed to adjust some of her study habits as she made the transition from honor student in high school to successful undergrad at the University of Colorado at Boulder. She says highlighting main ideas was sufficient for the relatively short assignments in high school, but the lengthy reading requirements in college mandated a new approach. "Now I paraphrase each paragraph by jotting two or three words for the main idea in the margin. That helps me learn the material in a moment," she says.

Sherry Snyder, coordinator of the Academic Skills Program at the University of Colorado at Boulder, supports this method. She says that although highlighting is fine for most middle and high school students, undergraduates and graduate students need to take notes in the margins as they read. (If you are using school-owned books, you should follow your school's guidelines about writing in them. If you cannot write in your books, you could write your notes on adhesive notepads and place them in the margins temporarily.)

Daily review is a critical adjunct to good note-taking, agree top students. That's why homework rates so highly with them. "Always do your homework," urges Jay Bost, a high school senior from Tulsa. "Even if you think you can get away with not doing an assignment—do it! It will help you understand the material better."

continued on page 38

NOW MIGHT BE A GOOD TIME TO BRING UP A DELICATE SUBJECT. DRINKING.



The subject may come up in a moment of shared intimacy, during quiet time before bed, when she's talking about her day at school or perhaps while you're discussing a family outing or event. She may ask. Or you may bring it up.

It might seem that nine or ten is very young to talk with a child about a subject as grown-up as drinking. But experts say that this is a time when she's probably forming her ideas about many adult things, alcohol among them. It's also a time when she may be most open to your loving guidance.

But what do you say? Many of us at Anheuser-Busch are parents, so we know just how hard it can be. And we know that too often, not knowing what to say can lead to saying nothing at all.

That's why we've created "Family Talk About Drinking." "Family Talk" features two informative guides written by prominent authorities on child development, family counseling and alcohol treatment.

The guides discuss a number of subjects, among them how to talk with younger children, recognizing teenage drinking problems and addressing the issue of drinking and driving. Call 1-800-359-TALK for a free copy.

Because you want to take care of her for as long as you can. And one of the best ways to do that is to share the knowledge that will help her take care of herself.

LET'S STOP UNDERAGE DRINKING BEFORE IT STARTS.

Anheuser-Busch, Inc.

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Study Tips from Top Students

continued from page 36



Jay Bost
Tulsa, Oklahoma
Practices Math Problems

PREPARING FOR THE BIG TEST

Here's where the top students are separated from the average. The key to performing well on tests—particularly the big ones—is honing your review skills. The best students mix tried-and-true methods with a few tricks of their own.

"I make my own flash cards for math, vocabulary, and Spanish tests," says Rachel Greenberg of San Antonio, Texas, a recent recipient of the Principal's Award for the school's top seventh grade student. "I also rewrite my notes over and over again until I'm sure of the material."

Jessica Atkins, a Phi Beta Kappa graduate from the University of Vermont, employs word games as a memory helpmate. "I make up several acronyms and, on test day, write them down at the top of my test paper immediately," she explains. "For example, in geography the word 'HOMES' helps me remember the Great Lakes: Huron, Ontario, Michigan, Erie, Superior."



Roxanne Stewart
Arizona State University
Second-Guesses Professors

Jay Bost builds confidence in his math classes by practicing difficult problems. "I also use flash cards to memorize math formulas, and I take the chapter test at the back of each unit as a final prep," he adds.

For essay exams, Roxanne Stewart begins by reviewing her notes and reading material, but the key to her success is second-guessing her professors. "I try to figure out what question the professor is most likely to ask and write an answer in outline form with three ideas I want to cover," she says. "I almost always guess right."

STUDYING WHERES AND WHENS

Studies have proven that students have different learning styles. Some learn better to the beat of rock music, while others need quietude and a straight-backed chair.

Rachel Greenberg likes to organize everything on the kitchen table before she hits the books. Christopher Rieger plays soft classical or jazz music while studying in the solitude of the basement. Jessica Atkins seeks out the quietest and most remote place in the library. Jay Bost heads for the comfortable sofa in his room. But whatever their learning style, all students do better when they take frequent rest breaks and get enough sleep. Brookanne Barrett says, "I used to study for five or six hours straight and could hardly remember anything. Now I study for 45 minutes and go do something else for a while and the come back to it."



Rachel Greenberg
San Antonio, Texas
Uses Flash Cards

> "It's a good idea to take 10-minute breaks and go for a walk or listen to some music to refresh your mind."
>
> —*Roxanne Stewart*

Roxanne Stewart concurs. "It's good idea to take 10-minute break and go for a walk or listen to som music to refresh your mind."

As for burning the midnight oi "It's not a good idea to study late a night," says Jennifer Katz. "You ge tired and don't remember anything."

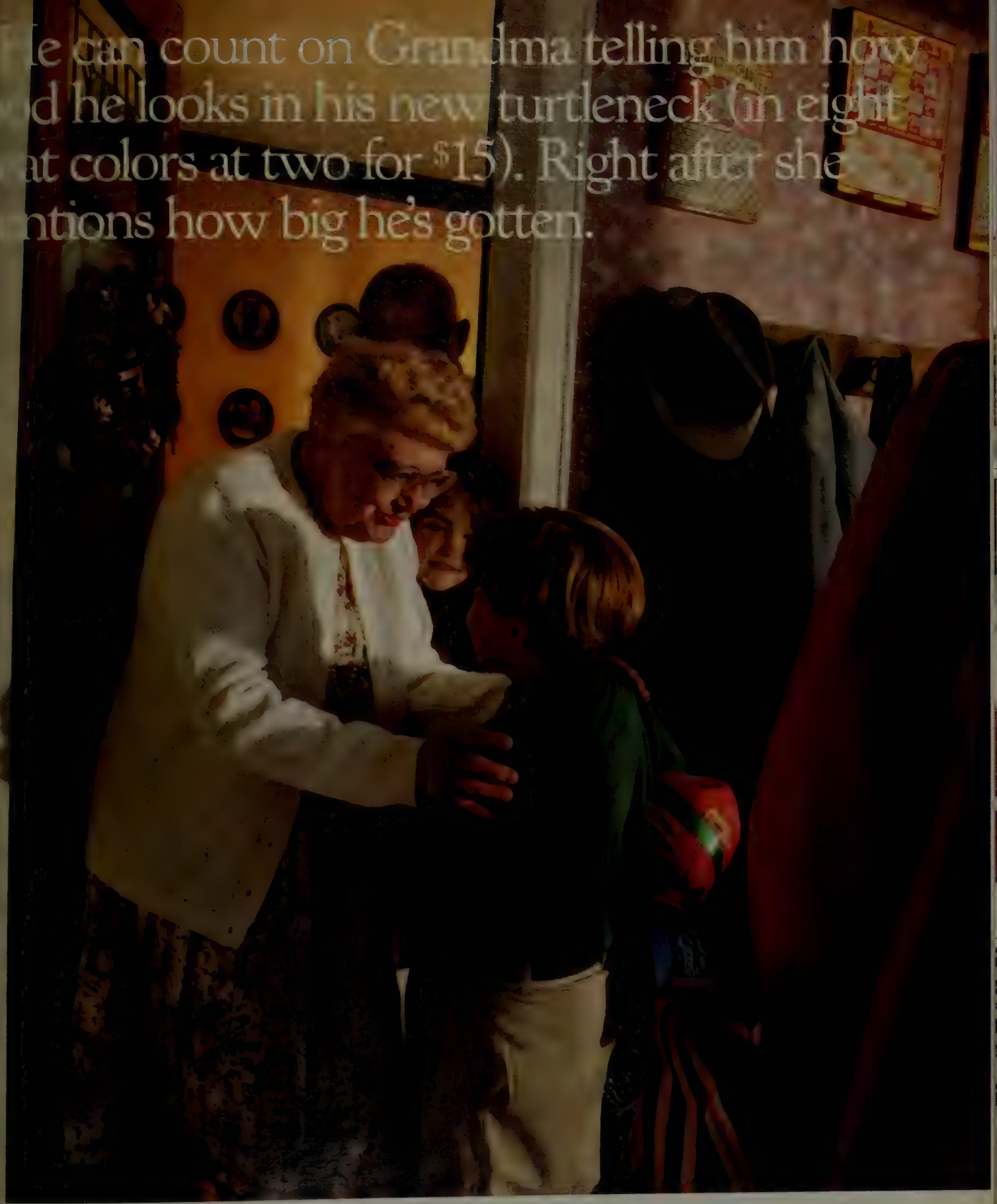
"I tried one all-nighter and actuall fell asleep for half an hour during th exam," recalls Jessica Atkins. "I' much rather set the alarm for 6 a.m and study for a couple of hours prio to the test than to start out exhausted.

TAKE IT FROM A PRO: TIME MANAGEMENT IS THE KEY

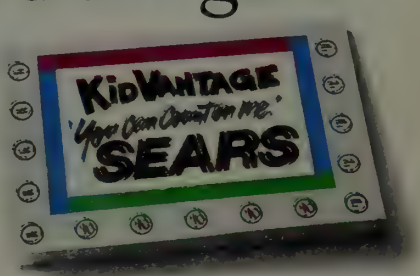
E. Glenn Griffin, professor emeritus of English at Purdue University, recently retired after teaching study methods for 25 years. His theories, he says, apply not only to college students, but to younger students and professionals as well.

A proponent of time management, Griffin says th rule of thumb for college students is two hours of stud time for every hour in class (lab and studio classes don require as much). Griffin encourages students to make weekly schedule with classes, meetings, and other obliga tions written in ink. Because course demands can var study time should be written in pencil between perma nent entries. Breaks should be scheduled as dutifully a study time, he advises—10 minutes every hour.

Griffin subscribes to the S4R/Q method of review Survey—look over the chapter, formulate Question about the material and wRite them in the margin. Rea the material with those questions in mind, Recite t yourself, "I finished this paragraph—what did I read? Then answer that question. Finally, Review the mai points, then go back and tackle unanswered questions.



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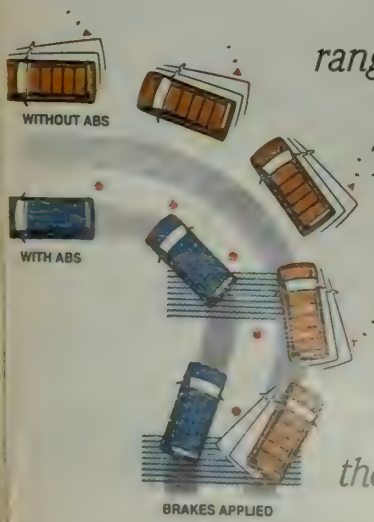
Accumulate $100 or more in kids' clothing or kids' shoe purchases on your KidVantage card and you can redeem it for 15% off your next purchase. All kids' clothes and kids' shoes that wear out before they're outgrown will be replaced in the same size. Applies to merchandise bought in Sears U.S. retail stores only. See store for details. © 1993 Sears, Roebuck and Co.

The Not So

Because It Has So Much. *True. It looks like a minivan. But when you consider everything Chevy Astro comes with, including its bigger, truck-like feel and its solid, truck-like performance, "minivan" is probably a misnomer. For starters,*



a driver's-side facial air bag is standard. And for greater stopping control, even through sharp, slippery curves, 4-wheel anti-lock brakes come not as an option, but also as standard equipment. Add to this optional All-Wheel Drive for greater traction, and you have a vehicle with an extraordinary range of safety features.*



The engine? All Chevy Astros come with a 4.3 Liter Vortec V6, the largest V6 you can buy. A 200-HP enhanced version is also available. Astro also boasts an industry exclusive†— optional Dutch doors: rear swing-out half-



Mini Van.



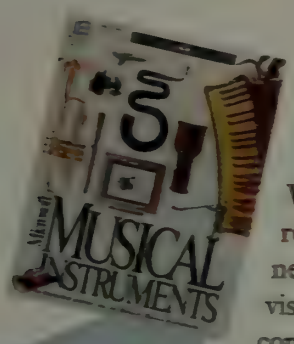
*doors below a one-piece lift-glass. They not only greatly increase driver visibility, they make your loading and unloading much easier. So if you're looking for a van that's not so mini, the one you should look at is Astro. From Chevy. The most dependable, longest-lasting trucks on the road.***

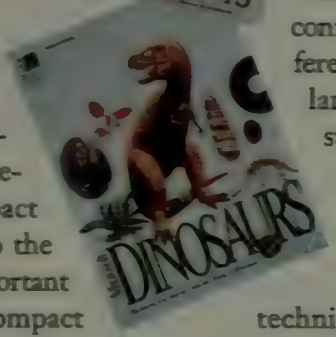
Chevy Astro
LIKE A ROCK


MY FRIEND MARK SAID I NEEDED A CORDLESS PHONE SINCE I MOVE AROUND MY PLACE SO MUCH.
SO I BOUGHT ONE WITH LOTS OF GREAT FEATURES. IT HAS ITS OWN ANSWERING MACHINE BUILT RIGHT IN.
IT WILL EVEN CALL MY BEEPER IF I HAVE A MESSAGE. SO NOW I NEVER MISS MARK'S CALLS.
OR JASON'S...OR SCOTT'S...
Radio Shack has an incredible selection of telephones—over 60 to choose from—plus a complete line of answering machines and accessories. There's something for every decor and every need.
Come in today, and we'll help you find a phone with features that fit your lifestyle. We can also show you how easy it is to add a jack, extend a cord or plug in a fax machine for your home office.
Now where are you going to shop for your next phone?
Where else!
Radio Shack
Many competitors' phones use gold-colored connectors. Ours are *gold-plated*, and backed by a one-year limited warranty. See store for details.

It's Not Just TV

A BUYER'S GUIDE TO CD-ROM





"Talking books!" "Encyclopedias on a single disc!" "Great games!"

Such are the promises of today's CD-ROM technology. Often called multimedia or interactive media, it uses compact discs almost identical in appearance to the familiar audio-only CDs—with an important difference: Just one of these newer compact discs can store the full text of a multivolume encyclopedia, more than 7,500 photo images, 72 minutes of video at a quality similar to a home videocassette, or 19 hours of speech-quality audio. (ROM means "read-only memory"; the discs were developed originally as a compact way to store computer data.)

Lots of choices. As your kids no doubt have told you, electronics and computer software stores carry an abundance of CD-ROM discs these days, with more to come—including a new line of products aimed at the home by business software giant, Microsoft.

Until recently, most CDs offered animated games, but you'll find a growing number of sound-and-motion-filled reference works, vivid science and nature tours, and colorful early-learning and authoritative adult-education titles—all interweaving image and sound in a way that can't be done in any other recording medium. The software also is described as interactive: users actively participate by selecting what actions to take or paths to pursue.

"It's a different experience from watching TV," says Palo Alto, California, elementary school teacher Patty Maples, who has to line up behind her young daughters and her electronics-engineer husband to use the CD-ROM player at home. "You're actively participating, selecting what you want instead of just vegging out."

What about costs? CD-ROM software prices reflect content and range from $19 to $399. You need special machines to play the discs on your television screen or on many computers—and there is a confusing array of format choices: nearly a dozen different ones, with only a few playable on any particular system. Prices have dropped considerably but still can run from a few hundred dollars for a complete videogame-based system or computer upgrade to $1,200 or more for a system based on your home computer.

That's a hefty investment, especially since technical improvements may render today's players incompatible with new CD-ROM titles a few years from now. Your choice should be guided by discs your family might be interested in now, and whether these justify the investment in a player.

To sweeten the deal, many CD-ROM players and upgrade kits come packaged with a variety of software, including games and sometimes an encyclopedia. Also remember that actual prices often fall well below the suggested list prices we cite here. Price competition will be especially fierce during the holiday season.







VIDEOGAME SYSTEMS

Last Christmas' instant sellout was the Sega CD add-on unit for Sega's popular Genesis videogame system. At this year's list price of $229 for the add-on (which comes with the popular Sony title, *Sewer Shark*), even with the necessary $99 Genesis unit, this is still the lowest-cost entry to CD-ROM. Unfortunately, most disc titles for

continued on page 44

CD-ROM

continued from page 43

this system are marginal action games—with the exception of a Jurassic Park dinosaur extravaganza (about $60) and an undersea adventure, *Ecco, The Dolphin* ($50), which fall into the category of electronics education combined with entertainment, or "edutainment."

The scarcity of educational and reference titles may also limit family interest in this year's hot CD-ROM-based 3DO Interactive Multiplayer videogame ($699). This system features stunning graphics beyond the capability of most personal computers, but The 3DO Company has attracted only a few edutainment titles, such as Shelly Duvall's *It's a Bird's Life* ($60) for kids, and *The Animals* ($50), a tour of the San Diego Zoo—both also available in other CD-ROM formats.



"IT'S NOT LIKE WATCHING TV. YOU'RE ACTIVELY PARTICIPATING INSTEAD OF VEGGING OUT."

DEDICATED PLAYERS

Self-contained CD-ROM players have some limitations for the home. Two widely-sold machines plug into television sets and offer impressive selections of discs, but you may find that their lack of keyboards for entering text limits their usefulness, especially for educational purposes.

Philips' Compact Disc-Interactive, or CD-I, has attracted more than 100 titles, including games, children's talking books, and reference works such as *The Library of the Future*, with the complete works of Shakespeare on a single disc. The basic CD-I player sells for $599. With an optional $249 cartridge it can do what no other CD-ROM system can: play full-motion, full-screen color video from compact discs, including such movies as *The Godfather Trilogy*.

Tandy, which owns Radio Shack, is behind the Video Information System (VIS). The player is bargain priced at $399, complete with *Compton's Multimedia Encyclopedia* (a $399 value itself) and a catalog of more than 70 titles emphasizing early learning and reference discs.

The Kodak Photo CD system essentially stores slide shows on a disc. The format will play on some computers and game machines, however. (Most CD-ROM technologies also play regular CD music discs.)

Coming soon. A pair of portable CD-ROM players with built-in screens from Sony are harbingers of things to come, though they currently play mostly discs for business. The $999 Multimedia CD (MMCD) player, weighing just over two pounds and featuring a 3- by 4-inch black-and-white screen and a diminutive keyboard, plays the CD-ROM XA format. More than 60 titles ru on this machine, including *Newsweek Interactive* ($50) the first magazine on CD-ROM.

Only slightly bigger than a pocket calculator an weighing just one pound, the Data Discman ($299 an up) plays smaller 3-inch Electronic Book CDs; its 2- b 3-inch screen is hardly suitable for prolonged viewing but what student could resist having all of the *Monarc Notes* study guides for literature on single disc ($40)?

COMPUTER SYSTEMS

If you bought a personal computer for your home in the last three years you may already have the core of a powerful CD-ROM system. For new computer buyers, a built-in CD-ROM drive will add just a few hundred dollars to the cost of a system.

Macintosh owners have a head start because late-model Macs were designed for multimedia. To upgrade a system, you'll need a CD-ROM drive, available for as little as $329 for a model from Apple Computer, Inc., that fits inside the computer. For full stereo sound, you'll want to add a pair of audio speakers or connect your computer to your stereo system. Owners of older Macs can buy an external drive, CD 300 ($429).

Apple offers new-computer buyers the Performa CD-ROM-ready system complete with a half-dozen discs suitable for all ages for $1,999. More than 500 CD-ROM titles are available for Macintosh computers, including unique discs such as the Beatles movie, *A Hard Day's Night* ($40), in black and white, with on-screen script and commentary, from The Voyager Company.

At present, there are more CD-ROM discs available for IBM-PC compatible computers, but you'll need a CD-ROM disc drive as well as an audio card to produce adequate sound quality. You'll also need at least a 386 chip on your PC. Look for Multimedia PC (MPC) upgrade kits, with all the necessary hardware, such as the $799 Sound Blaster Edutainment 16 from Creative Labs, Inc. This comes with eight discs, including the CD-ROM version of *Where in the World is Carmen San Diego?* (about $80 if sold alone). For computers with audio cards, compatible CD-ROM drives start at $299.

IBM has introduced the Multimedia Valuepoint Series, including Sound Blaster 16 sound card and IBM double-speed CD-ROM drive ($2,000 and up). Compaq and Radio Shack also will offer PC-compatibles with CD-ROM capabilities. During the holidays, prices for PC-compatibles may reach $1,200 or less (minus discs).



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CD-ROM

continued from page 43

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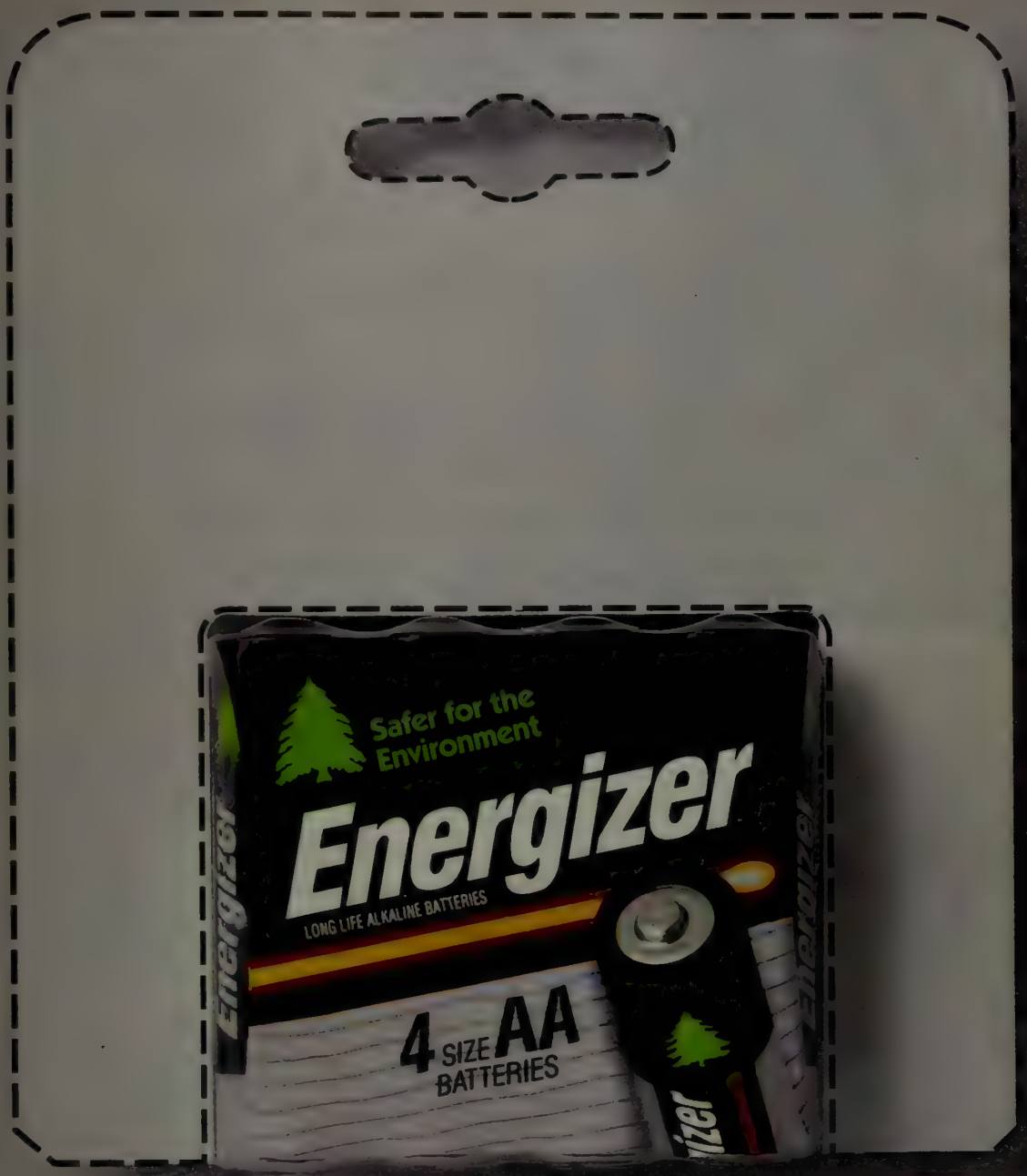
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(Excess Packaging Not Included)

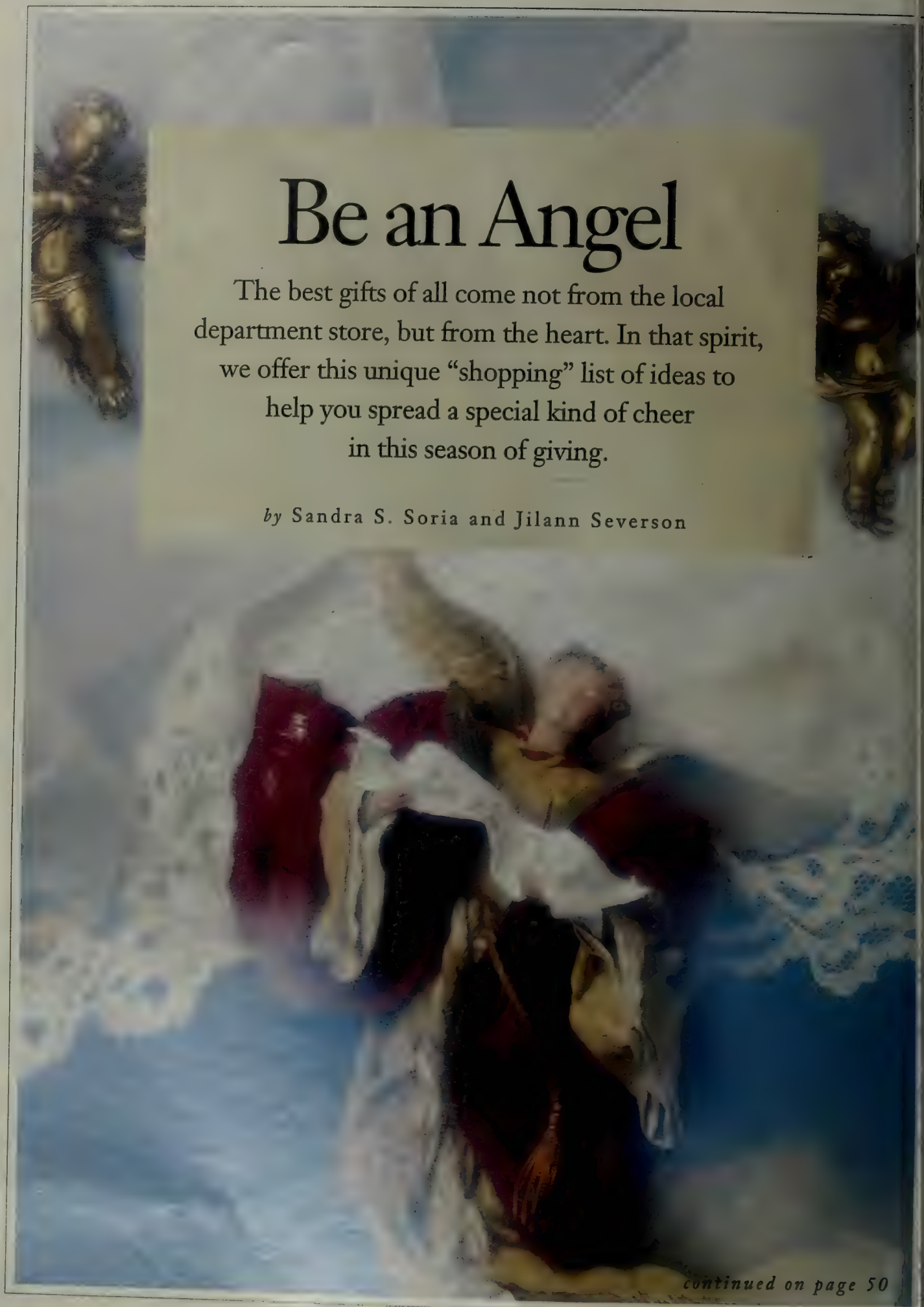
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The best gifts of all come not from the local department store, but from the heart. In that spirit, we offer this unique "shopping" list of ideas to help you spread a special kind of cheer in this season of giving.

by Sandra S. Soria and Jilann Severson



continued on page 50

PHOTOGRAPHS: KING AU. DESIGN CREDITS: SEE PAGE 76.

Who Says You Can't Afford Dental Insurance.

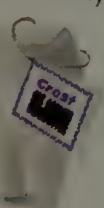


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Be an Angel

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Coat a kid this season. Wrap some warm arms around a needy child this winter by donating overcoats that your family has outgrown. Dry cleaners across the country who take part in the national "Coats for Kids" program will accept your donation, clean the coats free of charge, then send the cover-ups to the proper neighborhood charity. Check with a local dry cleaner or your community's Neighborhood Cleaners Association to find out where to give—or how to start a program—in your vicinity.

Season's greetings again and again. A mailbox stuffed with greetings is among the happiest of the season's images, especially at St. Jude's Ranch for Children. Young residents of this haven for abused children will create new cards from the used ones you send them, then sell the recycled cards to benefit the ranch. For information, write St. Jude's Ranch for Children, Box 60100, Boulder City, NV 89006.



Help our nation's homeless families by sewing an elegant angel this holiday season. Net proceeds ($10.95 of the $15.95 price) from the sale of the pattern for Tess, our 15-inch-tall golden-winged angel doll, go to The Better Homes™ Foundation and help assist families nationwide. Each full-size pattern includes detailed instructions for Tess as well as materials buying information. To order, call 800/962-4676.

continued on page 52

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100% pure pain reliever. Some aspirin tablets contain things like caffeine or sugar. Genuine BAYER Aspirin delivers nothing but pure pain reliever. And our exacting standards of quality control and hygiene guarantee you'll get the consistent pain reliever people have come to count on.

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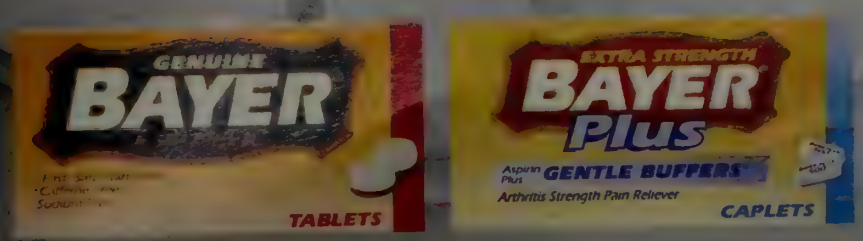
The facts about stomach upset. Extra Strength BAYER® Plus contains 3 specially-chosen ingredients to reduce the chance of stomach upset. In fact, it's the only aspirin product clinically shown in a 2 tablet dose, to cause as little stomach upset as 2 tablets of Extra Strength TYLENOL.®

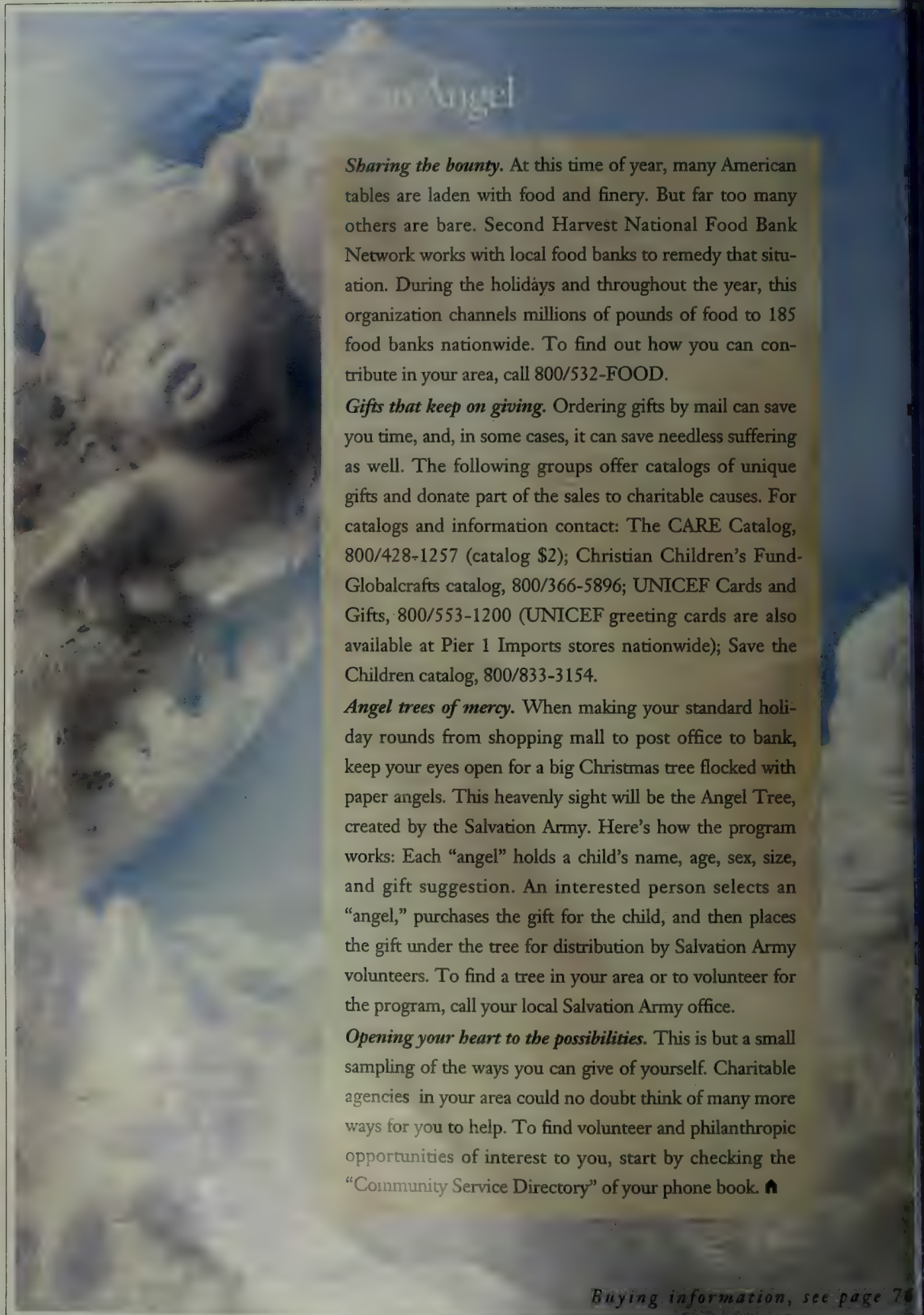
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You already know that aspirin is important. And now you know exactly why your aspirin should be BAYER Aspirin. "The Wonder Drug."

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Sharing the bounty. At this time of year, many American tables are laden with food and finery. But far too many others are bare. Second Harvest National Food Bank Network works with local food banks to remedy that situation. During the holidays and throughout the year, this organization channels millions of pounds of food to 185 food banks nationwide. To find out how you can contribute in your area, call 800/532-FOOD.

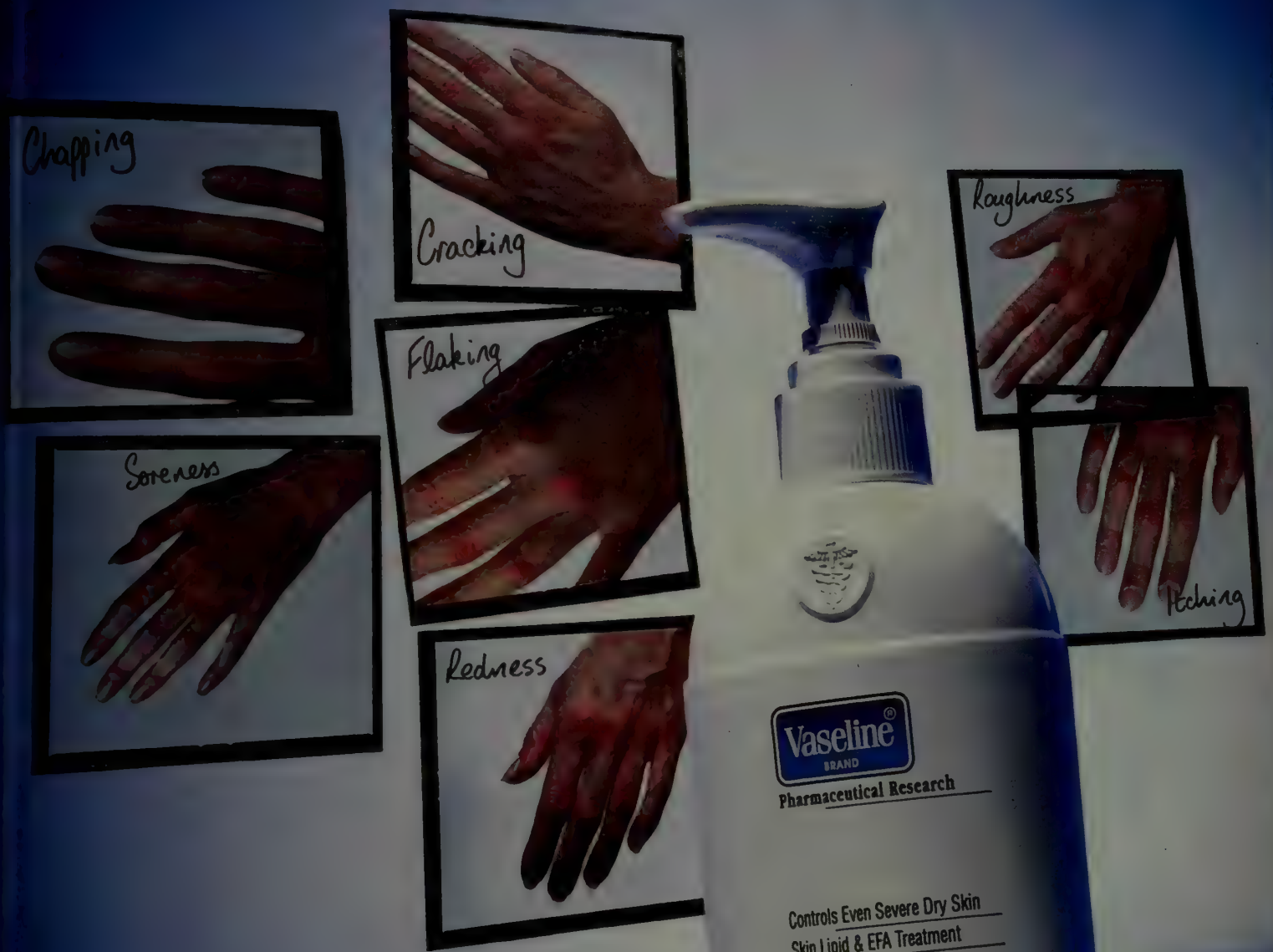
Gifts that keep on giving. Ordering gifts by mail can save you time, and, in some cases, it can save needless suffering as well. The following groups offer catalogs of unique gifts and donate part of the sales to charitable causes. For catalogs and information contact: The CARE Catalog, 800/428-1257 (catalog $2); Christian Children's Fund-Globalcrafts catalog, 800/366-5896; UNICEF Cards and Gifts, 800/553-1200 (UNICEF greeting cards are also available at Pier 1 Imports stores nationwide); Save the Children catalog, 800/833-3154.

Angel trees of mercy. When making your standard holiday rounds from shopping mall to post office to bank, keep your eyes open for a big Christmas tree flocked with paper angels. This heavenly sight will be the Angel Tree, created by the Salvation Army. Here's how the program works: Each "angel" holds a child's name, age, sex, size, and gift suggestion. An interested person selects an "angel," purchases the gift for the child, and then places the gift under the tree for distribution by Salvation Army volunteers. To find a tree in your area or to volunteer for the program, call your local Salvation Army office.

Opening your heart to the possibilities. This is but a small sampling of the ways you can give of yourself. Charitable agencies in your area could no doubt think of many more ways for you to help. To find volunteer and philanthropic opportunities of interest to you, start by checking the "Community Service Directory" of your phone book. ⌂

Buying information, see page 76

e seven hands of painful, chronic dryness under control at last.



troducing Dermasil. ew from Vaseline Research.

million Americans are living with damaged by dryness, it can hurt to child. Fold the laundry. Even shake one's hand. If you're one of them, get for a breakthrough.

Now from Vaseline Research™ comes Dermasil™ Pharmaceutical Dry Skin atment. A new four-tier formula that ically proven to control all seven symptoms of severe dry skin.

Dermasil doesn't just add moisture. It also adds lipids, which are crucial to normal, healthy skin. These lipids work to help dry skin heal itself.

Dermasil. A hand and body formula so advanced, you won't find it in any other brand of dry skin treatment. Available in Lotion, Cream and Concentrate.

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Good-For-You Gifts

by Julia Malloy and Kristi Fuller, R.D.

For your holiday shopping, try a new twist.
Use some ideas from our eat-smart list.
Each toasts good health the whole year through.
Just shop via phone and have them sent too.



Pop in a playful nutrition video. Willie Munchright, the star, teaches children ages 5 to 10 to make smart food choices. To order the 15-minute video, produced by The Society for Nutrition and McDonald's Corporation, send $9.95 to: McDonald's Nutrition Information Center, *What's on Your Plate,* 3620 Swenson Ave., St. Charles, IL 60174.

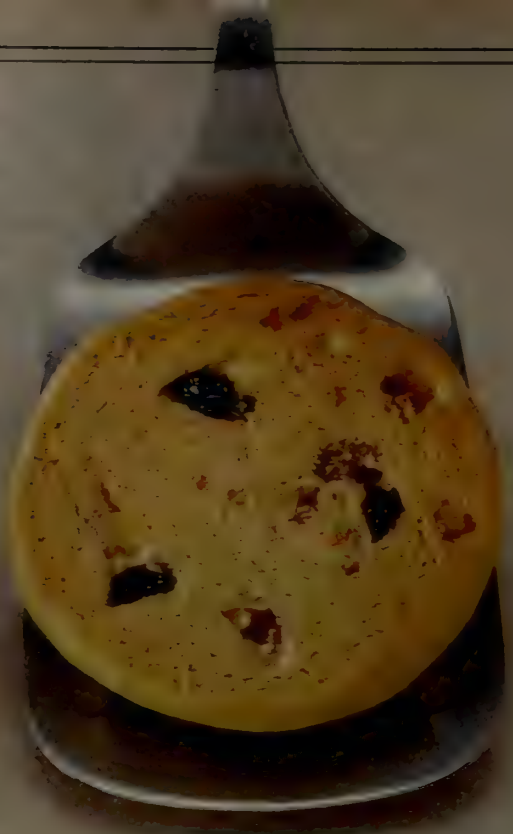


Wake up your friends with breakfast by mail. The package includes such great-start choices as oat bran muffin mix, raspberry crunch granola, cherry fruit spread, grape-apple juice, and 12-grain pancake mix, all for only $25.00 (includes postage and handling). To order, call Walnut Acres at 800/433-3998 and ask for the *Better Homes and Gardens*® magazine breakfast gift pa[illegible] available to our readers. [illegible] 13 for Christmas delivery.

continued on page 56



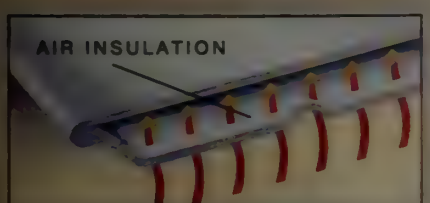
Cookie bottoms burn on a conventional cookie sheet.



CushionAire Pro keeps cookie bottoms from burning.

NO MORE BURNT COOKIES.

No more burnt cookies! That's a promise from CushionAire Pro, the high-tech, insulated cookie sheet that won't burn your cookies. That's because CushionAire Pro is made of two sheets of aluminum with a layer of air in between.



Air insulation protects cookies from intense heat.

The air protects the sheet's baking surface from intense heat, so cookies can't burn. The "Pro" in CushionAire Pro is there to let you know you're getting bonafide professional grade bakeware worthy of the finest pastry chef–the kind of baker that can really use our ten year guarantee! Dishwasher-safe CushionAire Pro won't rust. Better yet, we've applied the insulated bakeware concept to our cake, muffin and jelly roll pans. So whether you're whipping up a batch of cookies or creating a special cake, don't let your bakeware blacken your reputation. Insist on CushionAire Pro. For more information call 1-800-527-7727.



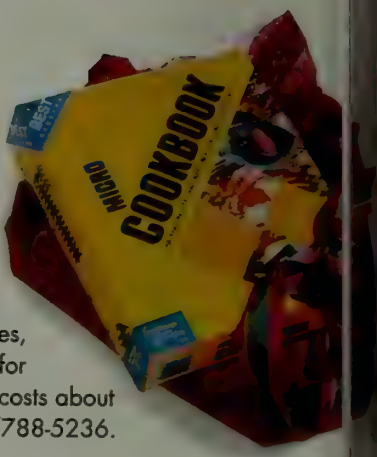
CushionAire Pro comes in a wide range of insulated bakeware.

INSULATED CushionAire PRO BY WEAREVER

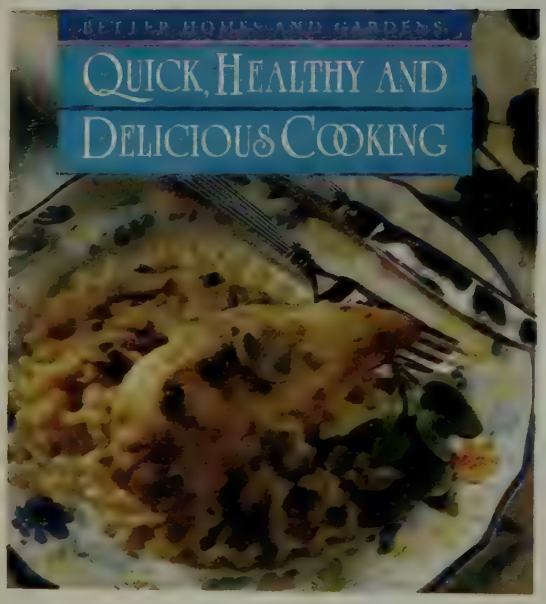
©1993, WearEver, Manitowoc, WI The Newell Group

Good-For-You Gifts

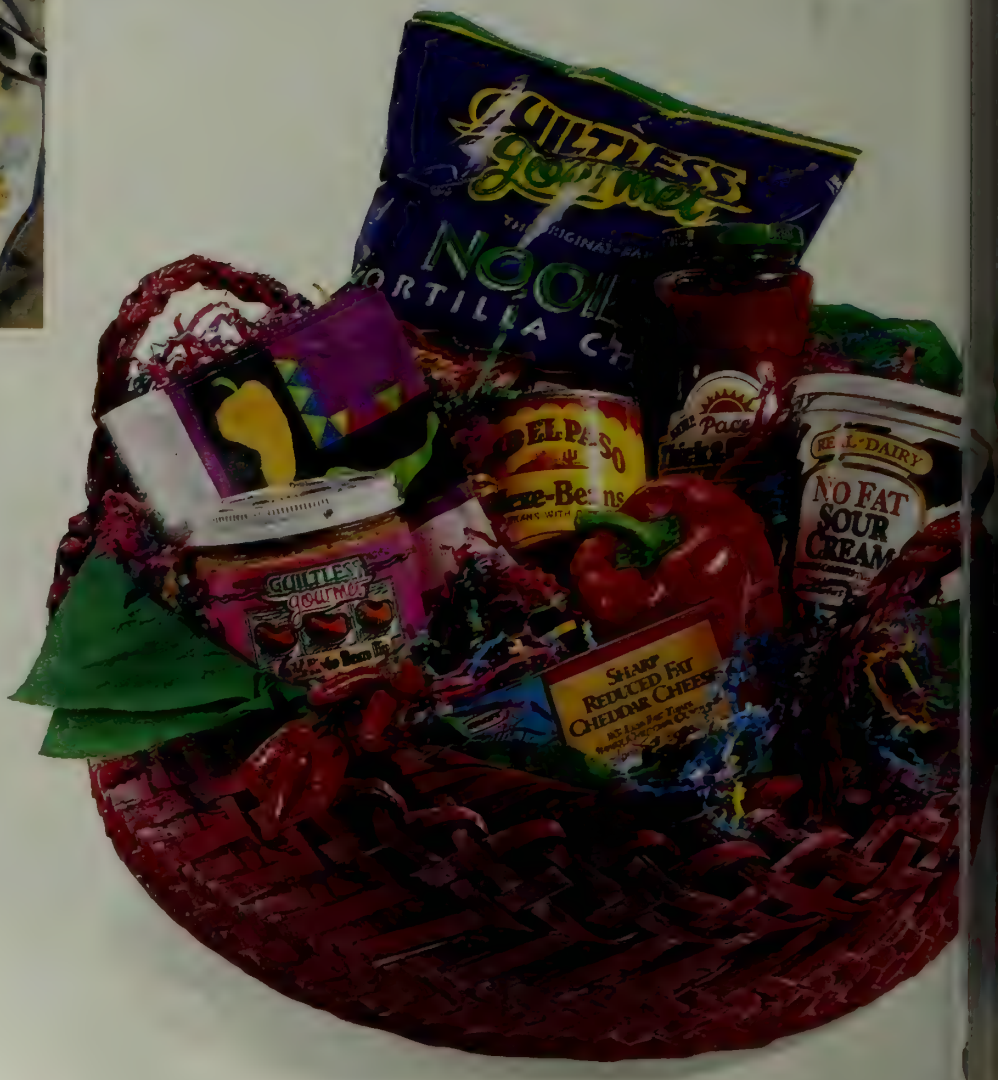
continued from page 54



Get a computer buff on line. Order the *Micro Cookbook* computer program—software that lets users calculate the nutritional value of favorite recipes. It also prints recipes, grocery lists, and menus. *Micro Cookbook* for Windows, DOS, and Macintosh programs costs about $59.95 in retail stores. To order, call 800/788-5236.



Inspire the busy cook. Give a cookbook with recipes that are not only nutritious, but fast and delicious too. The brand-new *Better Homes and Gardens® Quick, Healthy, and Delicious Cooking* cookbook contains 170 recipes, low-fat cooking tips, and colorful photographs. Each recipe includes complete nutrition information and can be prepared in 45 minutes or less. You can buy a copy at your local bookstore for $19.95. Or, send a check for $23.95 to: *Better Homes and Gardens Reader Service*, P.O. Box 9128, Dept. 9319, Des Moines, IA 50306-9128. To order by credit card, call 800/881-4066. Includes shipping, handling, and sales tax.



Delight a nacho lover. Stock a basketful of healthful nacho fixings for lovers of Mexican food. In your supermarket, look for no-oil tortilla chips, salsa, canned beans, peppers, low-fat sour cream and cheese, and low-fat bean or cheese dips. Include some colorful paper napkins too. Ole!



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The only bag with the Yellow and Blue Make Green® Seal.



When you see the Green Seal, you *know* it's closed.

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Toby Terrier is the first interactive talking dog who turns TV watching into play. Now children's video *really* goes to the dogs with Toby's eight wonderful shows. No other video gets your child standing, singing, playing, shouting and barking!

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Precious Smiles



Precious smiles make everyone's day brighter! [illegible] to dress, pose, and [illegible] find these 6" [illegible] PRECIOUS [illegible]S baby dolls [illegible] are sold, or [illegible]9667.

Manufactured and distributed by Rose Art [illegible]
Orange, NJ 07050. © 1993 PMI. Licensee Rose [illegible].

PROJECTS

Chippendale Wall Mirror



In the 18th Century, only th[e] wealthy could afford to import mir[rors] rors (or looking glasses as they were called) from England. To accent these mirrors' beauty, colonia[l] craftsmen built frames simila[r] to the one shown here. This frame is a simplified version of a Chippendale-period (1750-1779) frame that complements today's traditional interiors.

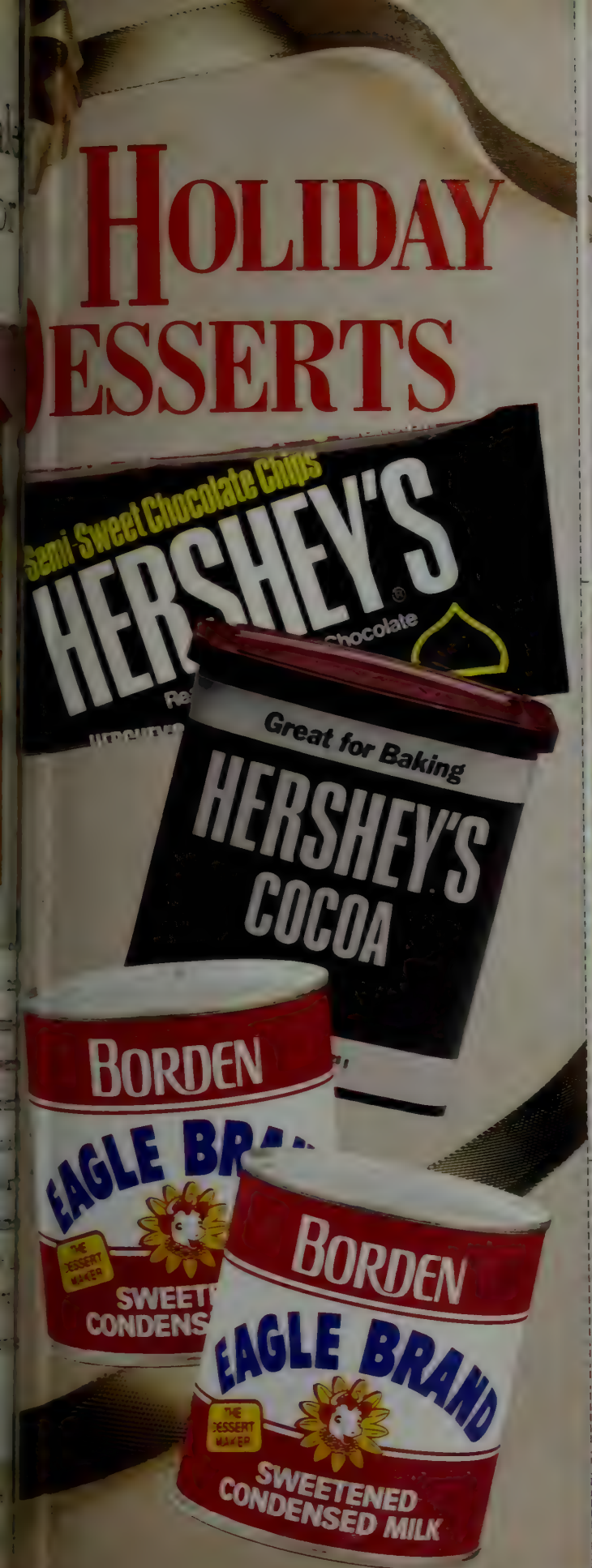
TO ORDER

For your copy of the Project Plan to build this Chippendale Wall Mirror, send your name and address plus check or money order for $9.95 to:

Better Homes and Gardens
Project Plan Sales
P.O. Box 9128, Department W9312
Des Moines, Iowa 50306-9128

Price includes shipping, handling, and sales tax if applicable.

HOLIDAY DESSERTS









MADE EASY...

MOUSSE

(Makes 8 servings)

- ½ cup margarine or butter
- ¼ cup HERSHEY®'S Cocoa
- 1 (14-ounce) can EAGLE® BRAND Sweetened Condensed Milk (NOT evaporated milk)
- 2 tablespoons orange juice plus 2 teaspoons grated orange rind *or* 2 tablespoons orange-flavored liqueur
- 2 cups (1 pint) whipping cream, *stiffly whipped*

In heavy saucepan, over low heat, melt margarine; add cocoa then *⅔ cup* sweetened condensed milk, stirring until smooth and slightly thickened. Pour into medium bowl; cool to room temperature. Beat in *1 tablespoon* orange juice and *1 teaspoon* rind. Fold in half the *whipped* cream. In medium bowl, combine remaining sweetened condensed milk, *1 tablespoon* orange juice and *1 teaspoon* rind. Fold in remaining *whipped* cream. Chill thoroughly. In 8 dessert dishes, spoon equal portions of chocolate mixture, making a "well" in center of each. Spoon creamy orange mixture into center of each. Chill. Garnish as desired. Refrigerate leftovers.

CHOCOLATE & PEANUT BUTTER TRUFFLES

(Makes about 3 dozen)

- 1 cup REESE'S® Peanut Butter Chips
- ¾ cup butter or margarine
- ½ cup HERSHEY®'S Cocoa
- 1 (14-ounce) can EAGLE® BRAND Sweetened Condensed Milk (NOT evaporated milk)
- 1 tablespoon vanilla extract
- Finely chopped nuts, unsweetened cocoa, graham cracker crumbs or confectioners' sugar

In heavy saucepan, over low heat, melt chips with butter. Stir in cocoa until smooth. Add sweetened condensed milk and vanilla; cook and stir until thickened and well blended, about 4 minutes. Remove from heat. Chill 2 hours or until firm enough to handle. Shape into 1-inch balls. Roll in any of the above coatings. Chill until firm, about 1 hour. Store covered in refrigerator.





CHOCOLATE MACAROON BARS

(Makes 24 to 36 bars)

- 1 ¼ cups graham cracker crumbs
- ⅓ cup sugar
- ¼ cup HERSHEY®'S Cocoa
- ⅓ cup margarine or butter, melted
- 1 (14-ounce) can EAGLE® BRAND Sweetened Condensed Milk (NOT evaporated milk)
- 1 (7-ounce) package flaked coconut (2 ⅔ cups)
- 2 cups fresh white bread crumbs (4 slices)
- 2 eggs
- 2 teaspoons vanilla extract
- 1 cup HERSHEY®'S MINI CHIPS Semi-Sweet Chocolate

Preheat oven to 350°. Combine graham cracker crumbs, sugar, cocoa and margarine; press firmly on bottom of 13x9-inch baking pan. Bake 10 minutes. Meanwhile, in medium bowl, combine remaining ingredients; mix well. Spoon evenly over prepared crust. Bake 30 minutes or until lightly browned. Cool. Cut into bars. Store covered in refrigerator.

CREAMY MOCHA FUDGE

(Makes about 2 pounds)

- 1 (12-ounce) package HERSHEY®'S Semi-Sweet Chocolate Chips
- 1 cup HERSHEY®'S Milk Chocolate Chips
- 2 tablespoons milk
- 1 (14-ounce) can EAGLE® BRAND Sweetened Condensed Milk (NOT evaporated milk)
- 4 teaspoons instant coffee dissolved in 1 tablespoon warm water *or* 1 tablespoon coffee-flavored liqueur
- 1 teaspoon vanilla extract
- 1 cup chopped nuts

In heavy saucepan, over low heat, melt chips with milk, sweetened condensed milk, instant coffee dissolved in water and vanilla. Remove from heat; stir in nuts. Spread evenly into aluminum foil-lined 8- or 9-inch square pan. Chill 3 hours or until firm. Turn fudge onto cutting board; peel off foil and cut into squares. Store covered in refrigerator.





MARBLED CHEESECAKE DELUXE

(Makes one 9-inch cheesecake)

Chocolate Crumb Crust

- ¼ cup margarine or butter, melted
- ¼ cup HERSHEY®'S Cocoa
- 4 (8-ounce) packages cream cheese, softened
- 1 (14-ounce) can EAGLE® BRAND Sweetened Condensed Milk (NOT evaporated milk)
- 4 eggs
- 1 tablespoon vanilla extract
- ⅓ cup unsifted flour

Preheat oven to 300°. Prepare Chocolate Crumb Crust. Stir together margarine and cocoa until smooth. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Beat in eggs and vanilla then flour. Measure 1 ½ cups batter into medium bowl. Beat in cocoa mixture. Spoon half the vanilla batter into prepared pan then half the chocolate batter. Repeat, ending with chocolate batter. With metal spatula, cut through batter for marble. Bake 50 to 60 minutes or until set. Cool. Chill. Refrigerate leftovers.

Chocolate Crumb Crust: Combine 1 ½ cups vanilla wafer crumbs (about 45 wafers), ¼ cup confectioners' sugar, ¼ cup HERSHEY®'S Cocoa and ⅓ cup margarine or butter, melted. Press firmly on bottom of 9 inch springform pan.

GLAZED FUDGE BROWNIE ALMOND PIE

(Makes one 9-inch pie)

- 1 (9-inch) unbaked pastry shell
- 1 cup HERSHEY®'S Semi-Sweet Chocolate Chips
- ¼ cup margarine or butter
- 1 (14-ounce) can EAGLE® BRAND Sweetened Condensed Milk (NOT evaporated milk)
- ½ cup biscuit baking mix
- 2 eggs
- ½ to 1 teaspoon almond extract
- 1 cup almonds, toasted and chopped

Preheat oven to 375°. Bake pastry shell 10 minutes; remove from oven. Reduce oven temperature to 325°. Melt chips with margarine. In large mixer bowl, beat chocolate mixture with sweetened condensed milk, biscuit mix, eggs and extract. Add almonds. Pour into pastry shell. Bake 35 to 40 minutes or until edges are set. Top with Chocolate Glaze. Cool. Refrigerate leftovers.

& DELICIOUS



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Whenever your carpet needs it, the BISSELL Big Green Clean Machine delivers a professionally cleaned look – your carpet looks cleaner, smells fresher and lasts longer.

A patented high pressure pump loosens ground-in dirt as powerful deep cleaning suction immediately removes the dirty solution. Carpet dries quickly – usually in just 4-6 hours – for a quick return to your newly cleaned room. And the machine stores in your closet.

The BISSELL Big Green Clean Machine – a three function system for deep cleaning, dry and wet vacuuming.

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Nissan Quest GXE

"When I was your age we didn't have ur own captain's chairs, air conditioning controls and headphone jacks."

Some say today's kids are spoiled. That's because 've never trudged ten miles in the snow to get chool. Never worked the coal mines from sun up ndown. And quite frankly, never had it hard ugh to appreciate the creature comforts to which have grown so accustomed.

You, however, having spent your formative years he back seat of a pseudowood-panelled station on, will appreciate the Nissan® Quest™ GXE for the ommonly luxurious minivan that it is.

You see, unlike other manufacturers who typi- y design from the outside and build their way (often relegating comfort to an afterthought), we ersed the formula and worked our way out.

The benefit becomes evident the minute you nt yourself in the driver's seat. Which adjusts elec- nically to a near infinite number of positions. We n gave the seat an inflatable lumbar mechanism greater support in the lower back (an area par- ts tell us is easily aggravated).

If you think we were innovative with the driver's t, you should see what we've done with the other six.

Slide open the side door and you'll discover a cond row of optional leather-appointed captain's chairs* plus a rear three-seat bench mounted on QUEST TRAC,™ our flexible seating system that allows up to 24 different configurations.

At this point, our engineers thought, "If we can design a minivan that feels like a car, why not a minivan that maneuvers like one?"

So, after furnishing all the requisite amenities– 8-speaker stereo system,** power sunroof,† and cruise control–they got down to the business of driveability.

And gave the Quest a powerful V6 engine. Then complemented it with power rack-and-pinion steering, front-wheel drive and a stabilizer bar that helps eliminate swaying motion.

Of course, the best way to experience the Quest is to test-drive one. And feel free to bring the kids. If they don't want to come, gently remind them that "as long as you live under my roof, you'll do as I say."

For information call 1-800-NISSAN-3, ext. 254.

It's time to expect more from a minivan.™ NISSAN



*san Motor Corporation U.S.A. Smart people always read the fine print. And they always wear their seat belts.*Requires luxury package.**Optional luxury kage available on Quest GXE. †Optional equipment available on the GXE model. The Quest GXE is shown with optional leather package and luxury package.*

MANUAL BRUSHES CAN'T GET RID OF PLAQUE LIKE THIS.



Even the best manual brush can have its limitations. That's why you need the new PlaqueControl 3000™ Plaque Removal Instrument, by Teledyne Water Pik. It offers 2100 revolutions per minute, a professionally recommended brushing motion and a specially contoured brush designed to reach farther between your teeth to clean better. Which makes it an automatic improvement in the way you remove plaque and fight gingivitis.

*Based on tests with Oral-B one leading manual brush. ©1993 Teledyne Water Pik

The New PlaqueControl 3000™ Plaque Removal Instrument

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ADA ACCEPTABLE American Dental Association

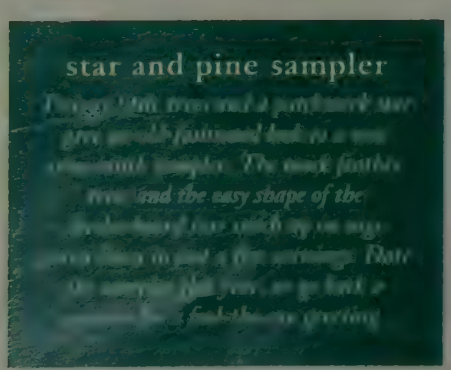
The PlaqueControl 3000™ Plaque Removal Instrument is accep as an effective cleansing device for use as part of a program f good oral hygiene to supplement the regular professional care required for oral health. Council on Dental Materials, Instrumen and Equipment American Dental Association.

by Jilann Severson



the nature of things

Bits of this and pieces of that, things saved over the years and those purchased yesterday, all weave together in a holiday tapestry that warms the hearts and hearths of a mountaintop home. Come with us and see how elements of the rustic outdoors meander inside to mingle with old-world elegance and



country grace.

Craft instructions begin on page 98.

Ropes of yellow twisted paper bounce from limb to limb of a tree decked with a screen bow and stars, hand-stitched ornaments, miniature chairs, beaded hearts, and thousands of twinkling lights. Beneath the branches, packages wrapped with untwisted paper await the big day.

screen stars and beaded heart ornaments

Snippets and scraps—leather fabrics and trims at leftover grades screen—fashion simple and elegant last-minute ornaments. Stars of foiled aluminum screen have an illusion of infinity when the light shines through. Brocade hearts tumble over to slightly show bands highlight the fabric's pattern.



PHOTOGRAPHS: WILLIAM SITTES. DESIGN CREDITS: SEE PAGE 000.

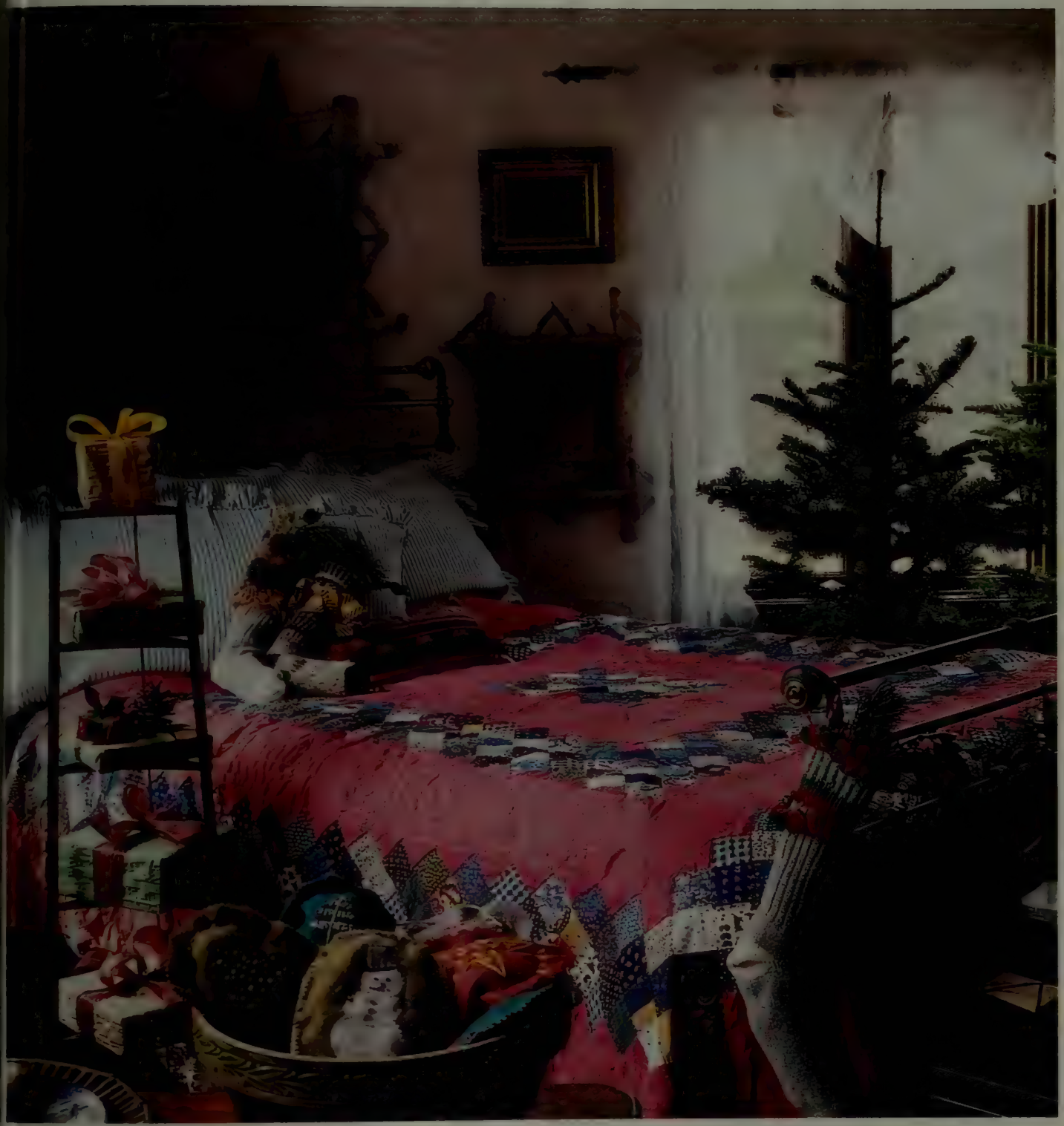
Craft instructions begun on page 98.



the nature of things



A fleecy Santa in a gilded twig star tops a tree wrapped with sinewy ribbon. Wooden angels, papier-mâché stars, and purchased glass boxes and stars fill out the branches. A simple crock holds the tree in place, and an old blanket serves as a tree skirt. Throughout the room, smooth and rough textures play against each other.



Unadorned trees edge a room brightened with a cheery pink Boston Commons quilt. The pillow-like ornaments embroidered and appliquéd with folky patterns snuggle in a bowl while waiting to be hung. For just a few days, three woolly socks double as Christmas stockings, wearing pinecones, bells, and vintage trims.

Craft instructions begin on page 98.


the nature of things



woodland menorah

Copper candle cups hold Hanukkah candles on a rustic menorah. Nail a flat-laying branch or root to a weathered board, then screw the candle cups in place. Glue bark, moss, and pinecones over the board and bough, keeping them well away from the candle flames.

mix and match dining

A humble twig charger and flatware bound with linen, burlap, and twine play host to otherwise elegant china and stemware. Soft yellow damask backs it all.



The easy mingling of old and new, woodsy and elegant, is most apparent at the dining table—rough-textured twigs, brilliant stemware, classic new china, and yesterday's bedcover. The table's tree was painted green, then stuffed with dried gifts from nature and wrapped with reeds.

Craft instructions begin on page 98.







2 3

1. twig greeting

Salute friends and guests with a welcome spelled out in twigs. Bend small pliable pieces into letters, taking advantage of natural twists, forks, and shapes. Carefully nail the letters to a weathered board.

2. skater dolls

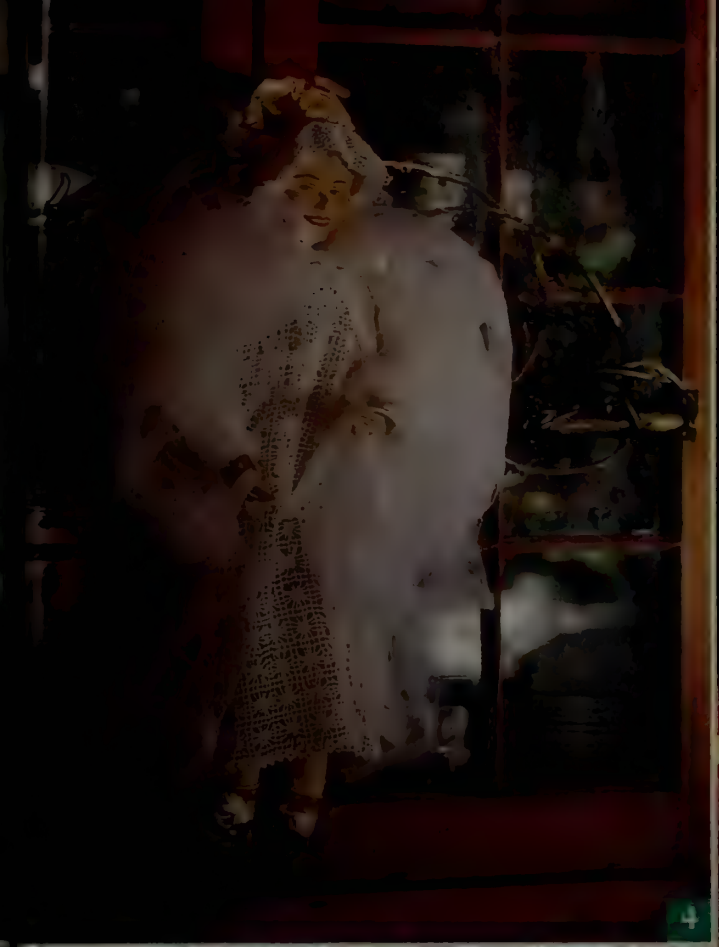
Button-eyed dolls dressed in paper clip through the t-off smal... ...ters in

3. moss and twig miniature chairs

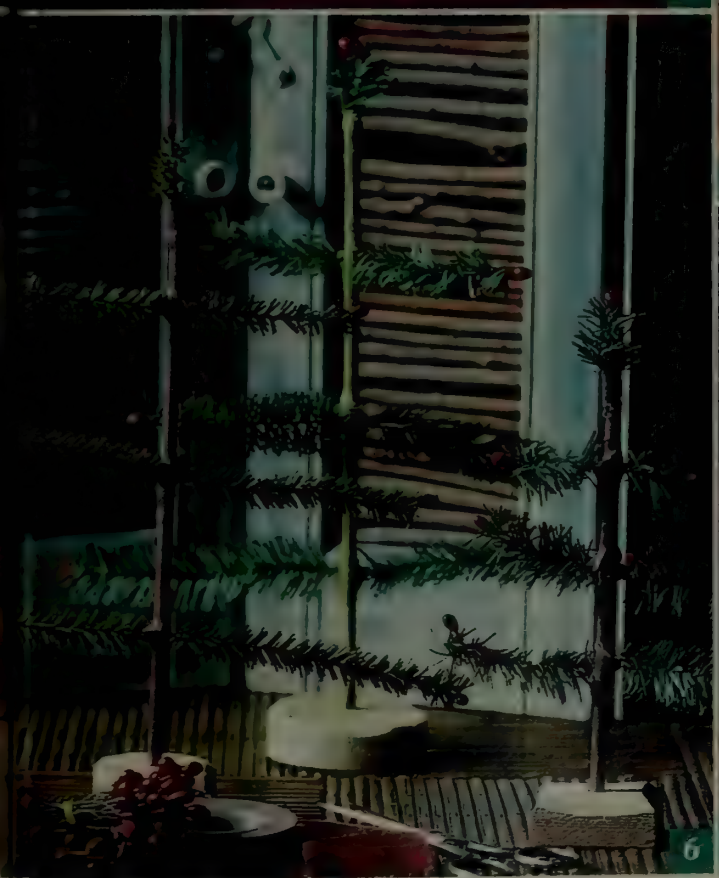
Tiny chairs, less than 12 inches high, sprout moss, bark, and sunflower heads where the upholstery would be. Cluster them for a mantel decoration, or fit one to a favorite doll.

4. holiday doll

An heirloom doll decked in gold and white becomes a Christmas angel with woodland wings. Cover the doll's normal clothing with white tulle, vintage laces, doilies, or any fabrics and trims that will billow and drape,









pinning or basting the fabrics in place. Form a cap from lace and a shimmering halo from wired ribbon. Cover her toes with gold lamé. Fashion wings from twigs or a purchased peacock swag, adding touches of gold leaf or metallic gold paint.

5. paper stars

Purchased brown papier-mâché stars take on a worn look with a tissue paper overlay. Coat parts of the star with rubber cement. Press tissue paper onto the glue, letting it wrinkle slightly. Rip the excess paper away.

6. twiggy trees

Replicas of old feather trees wrap up quickly with craft store materials. Bind strips of fir garland to narrow dowels with florist's tape, ending each piece with a holly berry. Use scraps of unfinished wood for the base.

7. wooden angels

Folksy little angels bob among the boughs, bringing a smile and giggle to all they meet. Wooden smokestacks, painted and turned upside down, form their bodies. Metal wings, wire halos, and mossy hair finish them.

Craft instructions begin on page 98. *Buying information, page 98.*



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■ Nothing could be smarter than the safety of its standard airbag and anti-lock braking system. ■ Or the comfort of its spacious interior. ■ Or more exciting than the kick of its new, available V6. ■ Precisely matched to an agile sport suspension. ■ All for a price thousands less than Accord or Camry.* ■ And all backed by Pontiac Cares' 3-year/36,000-mile no-deductible bumper-to-bumper warranty,† free 24-hour Roadside Assistance and Courtesy Transportation. ■ So visit your Pontiac dealer for a test drive or call 1-800-762-4900 for more information. ■ And discover why Grand Am® is more than the fun choice, it's the smart one, too.

*Price comparison based on 1993 MSRP of Honda Accord EX Sedan and Toyota Camry LE V6. Level of equipment varies. †See your dealer for details of this limited warranty.

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SHOPPING

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.

BETWEEN FRIENDS EDITOR'S LETTER

Page 11: oil painting, "Winter Valley"—Robert LoGrippo, represented exclusively by Jaro Art Galleries, 955 Madison Ave., New York, NY 11772; 212/734-5475.

BE AN ANGEL

Page 48: gold angels—private collection. **Papier-mâché angel**—FFSC, 2720 No. Paulina St., Chicago, IL 60614; 800/776-7161.
Page 50: gold angel and lyre—private collection. **Cherub with flowers**—FFSC, 2720 No. Paulina St., Chicago, IL 60614; 800/776-7161.
Page 52: cherubs—private collection.

THE NATURE OF THINGS

Pages **65-73: twig furniture, frames, and accessories throughout,** Making Twig Furniture and Household Things by Abby Ruoff—Hartley and Marks; 206/945-2017.
Page 65: **sampler fabric,** "Sage Jobelan"—Wichelt Imports, P.O. Box 139, Stoddard, WI [illegible] **Sampler floss**—DMC Corp., Port Kearny, Bldg. #10, South Kearny, NJ 07032-0650. **Sampler framing**—Dot's Frame Shop, 4717 Fleur Dr., Des Moines, IA 50321.
Pages 66-67: sled—Phoenicia Antique Center, Rt. 28, Phoenicia, NY 12464. **Skating Doll hair**—All Cooped Up Designs, P.O. Box 1612, Orem, UT 84057; and Aldastar; 800/782-3611. **Chicken pillow**—JAMESA, 20 River Rd., Apt. 4A, Roosevelt Island, NY 10044. **Floss for embroidered ornaments**—DMC Corp., Port Kearny, Bldg. #10, South Kearny, NJ 07032-0650.
Page 68: papier-mâché stars and sinewy ribbon for tree garland—Decorator and Craft Corp. 800/835-3013. **Star and box Puccinelli glass ornaments**—Vietri, 343 Elizabeth Brady Rd. Hillsborough, NC 27278; 800/277-5933. **Smokestacks for wooden angels**—Meisel Hardware Specialties; 800/441-9870. **Breakfast cup and saucer,** "Feuillage"—Gien from Baccarat, 625 Madison Ave., New York, NY 10022.
Page 69: quilt pattern, "Boston Commons"—Courtesy of Mountain Mist/Stearns Textiles Co., Attn.: Quilt Center, 100 Williams St., Cincinnati, OH 45215-6316; 513/948-5307.
Pages 70-71: twig tree—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062-2393; 708/272-2888. **Twig chargers**—Horchow Home Collection; 800/272-2888. **Dinner plate,** "Chaumont Lapis Blue"—Fitz & Floyd, 2055-C Luna Rd., Carrollton, TX 75006; 214/484-9494. **Salad plate,** "Shagreen Lapis Blue"—Fitz & Floyd, 2055-C Luna Rd., Carrollton, TX 75006; 214/484-9494. **Stemware,** "Pamela"—Schott Cristal, 3 Odell Plaza, Yonkers, NY 10701; 800/633-4505. **Flatware,** "Branch"—Pottery Barn, P.O. Box 7044, San Francisco, CA 94120-7044. **Twig menorah candle cups**—Clayton's, 1423 SW Army Post Rd., Des Moines, IA 50315; 515/285-0312. **Dinnerware,** "Feuillage"—Gien from Baccarat, 625 Madison Ave., New York, NY 10022. **Flatware,** "Golden Kenwood"—Oneida Ltd., Oneida, NY 13421. **Stemware,** "Biarritz Canet"—Cristal d'Arques from Durand International, Wade Blvd., Millville, NJ 08332; 609/825-5620.
Pages 72-73: papier-mâché stars—Decorator & Craft Corp.; 800/835-3013. **Skating Doll hair**—All Cooped Up Designs, P.O. Box 1612, Orem, UT 84057; and Aldastar; 800/782-3611. **Sled**—Phoenicia Antique Center, Rt. 28, Phoenicia, NY 12464. **Gold ribbon for Holiday Doll halo,** "Lamé wire edge"—Offray ribbon available at fabric and notion stores. **Garlands and holly berries for twiggy trees**—Westrim Crafts products available at craft stores nationwide. **Smokestacks for wooden angels**—Meisel Hardware Specialties; 800/441-9870.

TO LIGHT YOUR HEART

Page 83: Moravian star—T. Bagge-Merchants, 626 S. Main St., Winston-Salem, NC 27101.
Page 84: iron topiary tree—D. A. Rinedollar, P.O. Box 348, Clarksville, MO 63336.
Page 86-87: crystal stemware, "Classic Laurel"—Lenox China & Crystal, Inc., 100 Lenox Dr., Lawrenceville, NJ 08648-2394. **China,** "Fleur de Lys Gold"—Spode, The Royal China & Porcelain Co., Inc., 41 Madison Ave., Suite 6A, New York, NY 10010. **Flatware,** "Golden Regency Shell"—Lunt Silversmiths, 298 Federal St., Greenfield, MA 01301. **Iron candelabra**—D. A. Rinedollar (address above).
Pages 88-89: drapery hardware—D.A.

continued on page 81



Buying Guide

continued from page 76

Rinedollar, P.O. Box 348, Clarksville, MO 63336. **Pillow trim**—Hollywood Trims, Inc., 1200 Santa Fe Ave., Los Angeles, CA 90021. **Bowl with wrought iron stand, mercury glass balls**—The Everyday Gardener, 2945 Old Canton Rd., Jackson, MS 39216. **Red picture frame**—Dagi Design, P.O. Box 3105, Uptown Station, Hoboken, NJ 07030.

Pages 90-91: china, "Fleur de Lys Gold"—Spode, The Royal China & Porcelain Co., Inc. (address above). **Stemware,** "Classic Laurel"—Lenox China & Crystal, Inc., 100 Lenox Dr., Lawrenceville, NJ 08648-2394. **Flatware,** "Golden Regency Shell"—Lunt Silversmiths, 298 Federal St., Greenfield, MA 01301. **Crystal menorah**—Art Institute of Chicago Gift Catalog, The Museum Shop, Michigan Ave. at Adams St., Chicago, IL 60603.

Page 92: pillows, "Renaissance," "Florence"—Ballard Designs, 1670 DeFoor Ave., NW, Atlanta, GA 30318. **Plate**—Annieglas Studio, 303 Potrero St., #8, Santa Cruz, CA 95060. **Flatware,** "Luxury II, Apollo Gold"—Reed & Barton, 144 Britannia St., Taunton, MA 02780.

DELICIOUS MEMORIES

Pages 126-127 ***(left):*** **pie plate,** "Blue Star"—Smith & Hawken, 25 Corte Madera, Mill Valley, CA 94941.

Pages 128-129 ***(left):*** **plates,** "Florence"—Muirfield, 29 H Emmons Dr., Princeton, NJ 08540; 609/987-2610. **Fork,** "Laslo"—Yamasaki Tableware Inc., 150 North St., Teterboro, NJ 07608. ***(Right):*** **soup bowl and plate,** "Florence"—Muirfield, 29 H Emmons Dr., Princeton, NJ 08540; 609/987-2610. **Glass,** "Trio"—Mila International, P.O. Box 250187, Atlanta, GA 30325.

Pages 130-131 ***(left):*** **plate and platter,** "Country Plaid"—Fitz & Floyd, P.O. Box 815367, Dallas, TX 75381-5367. ***(Right):*** **cup and saucer,** "Lucia"—Lenox China, Inc., 100 Lenox Dr., Lawrence, NJ 08648.

Page 133: plate, "Silent Night"—Fitz & Floyd P.O. Box 815367, Dallas, TX 75381-5367.

Page 134: blue-rimmed plate—Conran's, 160 N. Golf Rd., King of Prussia, PA 19406.

Page 136: Napkin, "Corbeille"—Palais Royal, 923 D Preston Ave., Charlottesville, VA 22901.

Page 163: plate—Bazaar del Mundo, 2754 Calhoun St., San Diego, CA 92110. **Liner Plate,** "Summer Alfresco"—Smith & Hawken, 25 Corte Madera, Mill Valley, CA 94941.

PRIZE TESTED RECIPES

Page 173 ***(right):*** **glass**—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062. **Fork,** "French Braid"—Reed & Barton, 14410 Britannia, Taunton, MA 02780. **Plate,** "Vineyard"—Pottery Barn, 231 10th Ave., New York, NY 10011.

Page 174 ***(left):*** **plate,** "Midnight Garden"—Muirfield, 29 H Emmons Dr., Princeton, NJ 08540.

Architects & Designers

BE AN ANGEL

Page 50: The Better Homes™ Foundation Angel Doll—Taresia Boemke.

THE NATURE OF THINGS

Page 65-73: twig furniture, frames, and accessories throughout—Abby Ruoff.

Page 65: Star and Pine Sampler—Lynn Dee Andrews.

Pages 66-67: Screen Stars, Screen Tree Topper, Holiday Doll—Abby Ruoff. **Appliqué and Embroidery Ornaments**—Janelle Cram. **Skater Dolls**—Margaret Sindelar. **Beaded Heart Ornaments**—Joan V. Eklund.

Page 68: Santa in a Star—Phyllis Dunstan.

Page 69: Woolly Stockings—Abby Ruoff.

Pages 70-71: Tabletop Tree, Woodland Menorah—Abby Ruoff.

Pages 72-73: Twig Greeting—Abby Ruoff. **Paper Stars, Twiggy Trees**—Jilann Severson. **Wooden Angels**—Jilann Severson and Ann Hazelwood.

TO LIGHT YOUR HEART

Page 84: Country primitive stockings—Jan Maurer, P.O. Box 235, Clarksville, MO 63336.

Page 92: Wood charger plate—Jilann Severson.

Page 96: Wood menorah plaque—Ann Hazelwood, 705 N. G St., Indianola, IA 50125.

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...owntips just can't r... kids wearing OshKosh B'Gosh clothes. A... the fact that OshKo... clothes coordinate so beautifully makes them a... irresistible buy, too.

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...where everything goes.



Leave a light in the window for passersby or for travelers seeking your door. You can assemble this Moravian star from a kit that includes instructions and a simple electrical light. See page 76 for buying information.

to light *your* heart

decorating ideas that touch your everyday rooms with holiday spirit

BY REBECCA JERDEE

In the season of nights, we long for the light. A kindled fire, a starry sight, a remembrance of love. Wonder of wonders, we needn't wait in the dark for such miracles to happen. We can create them by hand. On the following pages you'll find decorating ideas to shine up your home for the holidays. We wish you a magical end to the year and think of you now, at home in the light.




candlelight flickers ~
warm-hearted textures ~
fires to light
your heart

to light *your* heart



Live in the firelight for one special night. Set candles in sand-filled planters; protect glowing votives with glass containers.

For a room dazzler, hang antique baubles, winter greens dyed by the florist, and strings of miniature lights on a metal tree form. (To purchase the tree form pictured here, see the buying guide on page 76.)

To make the decoupage picture frames shown on the mantel, left, see the instructions on page 108.



Be led by a star. Hang a holiday door with a paper one. We purchased this Advent star from an import store, but you could make a similar star by punching holes in stiff paper and folding it.

Then, it's just a matter of decorating the doorway with greens and hanging a light behind the star.

For star instructions, see page 108.

When you choose greens for decorating the doorway, select broad-leaved varieties, such as magnolia leaves or dried eucalyptus.



Even if you're in the middle of room redecorating, pause for the holidays. Dazzle a dining room with snow-white linens, ornaments, and fluttering ribbons. To make old-fashioned stockings, see page 106.



See the common in the uncommon. Cover ordinary foam balls with nuts. Then, glitter the globes with gold beads.

to light *your* heart



gifts of gold~
embroideries of old~
kiss them all good-night

Try a little magic for turning ordinary brown paper into extraordinary gift wrap and for adding bright touches to your greeting cards. It's easy with feathery sheets of gold leaf *(see page 108 for our instructions).*

Fringe antique needleworks with silken cords and turn them into pillows to give away. No need to wrap. Enjoy them as room decor until you put them in the hands of their receivers. For buying information, *see page 76.*



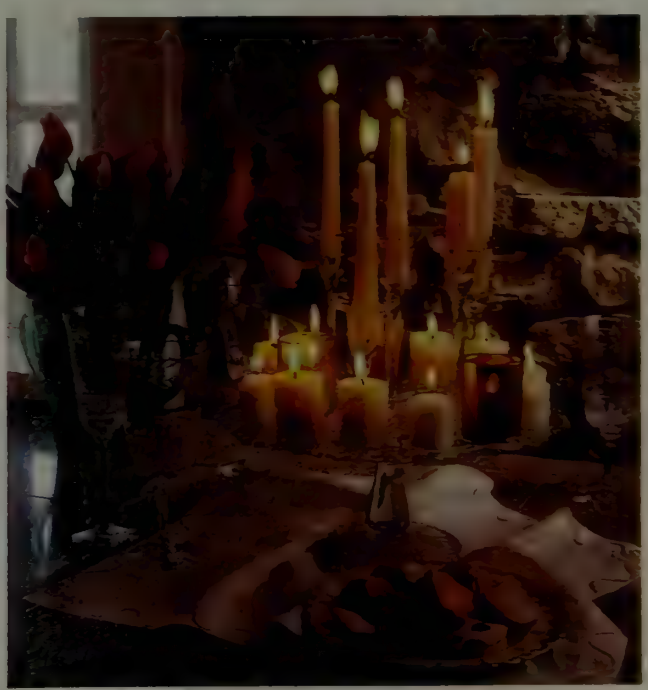

morning-star wishes ~
grandma's
white dishes ~
candles to
light the
way

to light *your* heart



Crack the darkness with a little light play: catch a falling star in its shadow, sprinkle a table with coins, drink to each other from sparkling crystal. And, to see a glass menorah in its best light, set it on a lacy sill. *Buying information, page 76.*

Celebrate an evening with a flaming cake stand. First, arrange a variety of crystal candleholders in the center of the cake stand. Then, circle the perimeter of the plate with votives. While the candles are lit, be sure someone stays in the room.





Make morning glories. Serve (or be served) breakfast in bed on a star-shape charger cut from wood. For the pattern, see page 108.

continued on page 94



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to light *your* heart



Wake up to flowers in hand-crafted containers. To fashion the decoration, above, wire a rustic basket onto a wooden candlestick. (You may need to cut a hole in the basket bottom.) Settle flowers in a water-filled gelatin mold inside the basket.

For the topiaries, right, sink cinnamon-stick stems into plaster-filled pots. Add flowers.



continued on page 96



DINNER'S READY.

Really Ready Chili
Brown 1/2 lb. ground beef; drain. Stir in Hunt's Chunky Chili Ready Sauce and 1 (15.5-oz.) can drained Hunt's Chili or Kidney Beans. Simmer, uncovered, 10 minutes and serve.

Minutes in the making, a pot of homemade chili simmers away on the stove. New Hunt's® Chunky Chili Ready Sauce is complete with chunks of vine-ripened tomatoes, onions and bell peppers, in a thick, well-seasoned sauce. All you add is your own ground beef and beans. Look for Italian, Mexican, and other Ready Sauce varieties in the tomato sauce section, next to other great sauces from Hunt's.



NEW HUNT'S READY TOMATO SAUCES

to light *your* heart



Welcome holiday guests with the Hebrew greeting "Hanukkah." Painted on a pine board with acrylic colors, the sign gets its something-special status from shiny gold-leaf trim.

For a larger version of the sign, enlarge the pattern on page 108.

Painting instructions are on page 108.



When an evergreen tree doesn't fit your plans, substitute with a pyramid of candlesticks. Gather white tapers and enough crystal candle-holders of varying sizes to arrange into a triangular tabletop centerpiece. Use a long-nose butane lighter for matchless lighting.

MOTHER NATURE TAUGHT US A VERY IMPORTANT COOKING LESSON.



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the ABCs of the caribbean

by Lois Anne Naylor

Aruba, Bonaire, and Curaçao serve visitors a triple Dutch treat. Just off the coast of Venezuela, the islands spice up their Dutch heritage with a calypso beat. Aruba entices with its wide, golden beaches, watersports, and casinos. Bonaire offers some of the world's finest diving and snorkeling. Curaçao appeals especially to shoppers. Part of the ABCs' charm is that they're different from other Caribbean islands and Hawaii. On these desert isles, cacti are so common that people cultivate them as fences to keep roving goats at bay.

continued on page Z4



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Exteriors as sleek as pristine slopes. RollerTrac™ shelves and crispers that glide easily, and as quietly as falling snow. Interiors as roomy as all creation. These are just a few of the thoughtful details that make it obvious where we got our inspiration. Call 1-800-422-1230 to find out more about the refrigerator designed by KitchenAid.® From a blueprint by Mother Nature.

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BOB KRIST/LEO DE WYS

Aruba's white sand beaches and aquamarine waters are ideal for swimming, snorkeling, windsurfing, and strolling.

the ABCs

continued from page Z2

The islands' relentless winds sculpt the distinctive divi-divi trees into Paul Bunyan-size bonsai creations. The same ever-present breeze accounts for Aruba's renown as a windsurfer's haven.

The ABCs fall outside the hurricane belt, with temperatures in the 70s and 80s year-round. Humidity rises in summer. For many visitors, cruises provide a good way to sample these tropical islands.

Aruba comes closest to the all-around island vacation ideal, partly because of nature and partly because it geared up for tourism before its alphabet mates. Aruba's beaches are unbeatable, and water sports draw people back year after year. You can choose from 12,000 hotel rooms compared to about 1,200 on Bonaire and Curaçao. Aruba's casinos hum with activity. Shopping is good, and sightseeing opportunities abound.

One beach melds into the next along the seven-mile stretch of wide white sand fringing Aruba's postcard-perfect aquamarine water. Day and night, couples stroll Palm and Eagle beaches hand in hand.

With Aruba's ideal conditions for windsurfing, the island provides a good place to learn this popular sport. Vendors offer equipment and lessons. You can also rent wave runners, water skis, and jet skis. Snorkeling excursions and sunset cruises along the coast tempt you.

Jeeps provide the easiest way to explore the island because of bumpy dirt roads. Driving through the *cunucu* (countryside) pockmarked by boulders and with tree-size cactus, you realize that Aruba possesses its own rugged beauty. Aloe vera, hibiscus, and bougainvillea add color.

The California Lighthouse stands sentinel over the northwest tip of the island. Unlike the tranquil water off Aruba's famed beaches, waves crash against the shore on the eastern side of the island. Erosion formed the Natural Bridge, a favorite photo stop. For a scenic overview, climb the 600 stairs to the top of 541-foot Hooiberg or ascend the nearby Casibari Rock Formations. Not far away, the Ayo Rock Formations shelter ancient Indian drawings.

At Charlie's Bar in San Nicolas, you can dine on grilled scampi while examining boxing gloves, a crown, a life raft, and other doodads that cover the ceiling and walls.

In Oranjestad, Aruba's main city, turreted Dutch architecture marks the newly renovated shopping area, which is close to where cruise ships dock.

Aruba offers plenty of action after dark. Besides casinos, you'll find a variety of restaurants and live entertainment. The casual Brisas Del Mar serves seafood and Aruban dishes while Papiamento features gourmet entrées.

Accommodations range from rooms costing less than $100 to the ultra-elegant Costa Linda Beach Resort. Each of the two- and three-bedroom suites, complete with kitchen, overlooks the free-form pool and a magnificent hunk of beach. Sharing with another couple or two helps bring the cost down (from $425; ***800/992-2015*** or ***305/441-7996***). To save money on a trip to Aruba, ask a travel agent about package deals.

continued on page Z6



Michael and Patti Dwinell at the cabin where she was killed.

woke up in the hospital. Patti never woke up.

"We grew up together. We were school sweethearts. And we'd married for almost nineteen years when Patti was killed by carbon monoxide.

"We were at the family cabin. I'd been there year after year and never had any problem with the heater. I had been in the cabin for about half an hour when she said she didn't feel good. She went and laid down. Then about five minutes later, I went in to check on her. The last thing she ever said to me was 'I'll be okay in just a minute.' Then the lights went out and I took me down in a heartbeat.

"It was pure chance the sheriff found me in the middle of the kitchen floor the next morning. He came by because my pickup truck was blocking the snowplow. They rushed me to the hospital and I barely survived. We never had any warning and Patti never woke up. If we'd had one of these new carbon monoxide detectors, I believe Patti would be alive today."
— Michael Dwinell, 1993

Carbon monoxide gas from a faulty furnace or stove can kill you in your sleep. You can't see it, taste it, or smell it. But now, you can get a home carbon monoxide detector from First Alert. Its biomimetic sensor mimics your body's chemical reaction to carbon monoxide. Then it sounds the alarm in time to help save your life.

Carbon monoxide is now the leading cause of poisoning deaths in the U.S. So the Consumer Product Safety Commission is urging people to install at least one carbon monoxide detector in their home.



Get the new First Alert home carbon monoxide detector before it's too late.

the ABCs

continued from page Z4

For information contact the Aruba Tourism Authority, 1000 Harbor Blvd., Ground Level, Dept. BHG, Weehawken, NJ 07087; ***800/TO-ARUBA.***



Colorful costumes highlight Curaçao's special kids' parade during Carnival.

Bonaire will appeal to you if you're more interested in exploring what takes place below the sea than above it. Many aficionados consider it to be one of the world's top three scuba dive destinations. Unlike Australia's Great Barrier Reef and Belize, where you spend hours sailing to a dive site, on Bonaire you can dive from the shore. And, because visibility is excellent and there's little current, diving is relatively easy. Although you'll have your choice of excursions to spots farther out, dive-oriented hotels make air tanks available so guests can explore the water anytime day or night. You also can take lessons and get certified to dive.

Captain Don Stewart introduced Bonaire's diving potential to the world. His hotel, Captain Don's Habitat, ranks as the island's premier lodging for divers (from $145, dive packages available; ***800/327-6709***).

Two decades ago, Bonarians designated all waters surrounding the island as a marine park. Fish have no reason to fear humans, so you can view an incredible array of rainbow-hued creatures. Even without a tank or snorkel, you can see how the entire area serves as a giant aquarium.

But what makes Bonaire outstanding for divers and snorkelers (being ringed by coral reefs) detracts from the island's lure as a family vacation destination and for those who just want to hang out on the beach or wade into the water. Beaches are as rare on Bonaire as thunderstorms. A few properties have imported sand, but the water quickly drops off to precipitous levels; not a place where you'd want to let youngsters splash. Resorts such as Sand Dollar offer children's programs (condo-type units begin at $160 in winter; ***800/766-6016***).

Washington/Slagbaai National Park shelters thousands of pink flamingos.

For information contact the Bonaire Tourism Corporation, 444 Madison Ave., Suite 2403, Dept. BHG, New York, NY 10022; 800/U-BONAIR.

Coral reefs ring Bonaire, making it one of the world's premier destinations for scuba diving and snorkeling.



M. Tim O'Keefe

Curaçao, about twice as large as Aruba ar with twice as many residents, exudes the greatest Dut ambience of the three islands. If you arrive by cruise shi Queen Emma Bridge will swing aside to let your liner sl into Santa Anna Bay, the channel separating the two se tions of downtown Willemstad.

An impressionist's palette of mellow yellows, green blues, and pinks tinge the typical Dutch architecture of t 18th-century buildings lining the harbor. White curlicu and etchings embellish many of the three- and four-sto edifices like frosting on a wedding cake. Legend attribut Curaçao's colorful countenance to an early governc Claiming that white gave him migraines, he ordered a buildings painted more head-pleasing hues.

Willemstad's stores offer lace, linens, perfum Curaçao's famous liqueur, and souvenirs galore. At t floating market, Venezuelan farmer-sailors display fre produce on stands decorated with delft-style tiles. It's n often that you get to shop in a prison, but Curaçao's ma sive stone Waterfort Arches once served as the brig fo fort overlooking the Caribbean.

Historical treasures dot Curaçao. You can visit one the *landhuizen,* yellow plantation houses that have be converted into museums, restaurants, and other uses. Wi a commanding view of Willemstad's red-tiled roofs, F Nassau now contains one of Curaçao's finest restaurants.

A tour of the Hato Caves takes you through the Vood Chamber, with a ceiling charred from ceremonial fire and past the eerie Bat Chamber. Nearby, view 1,500-ye old Indian petroglyphs. Other attractions include t Seaquarium, Christoffelpark, and Boca Table Cove.

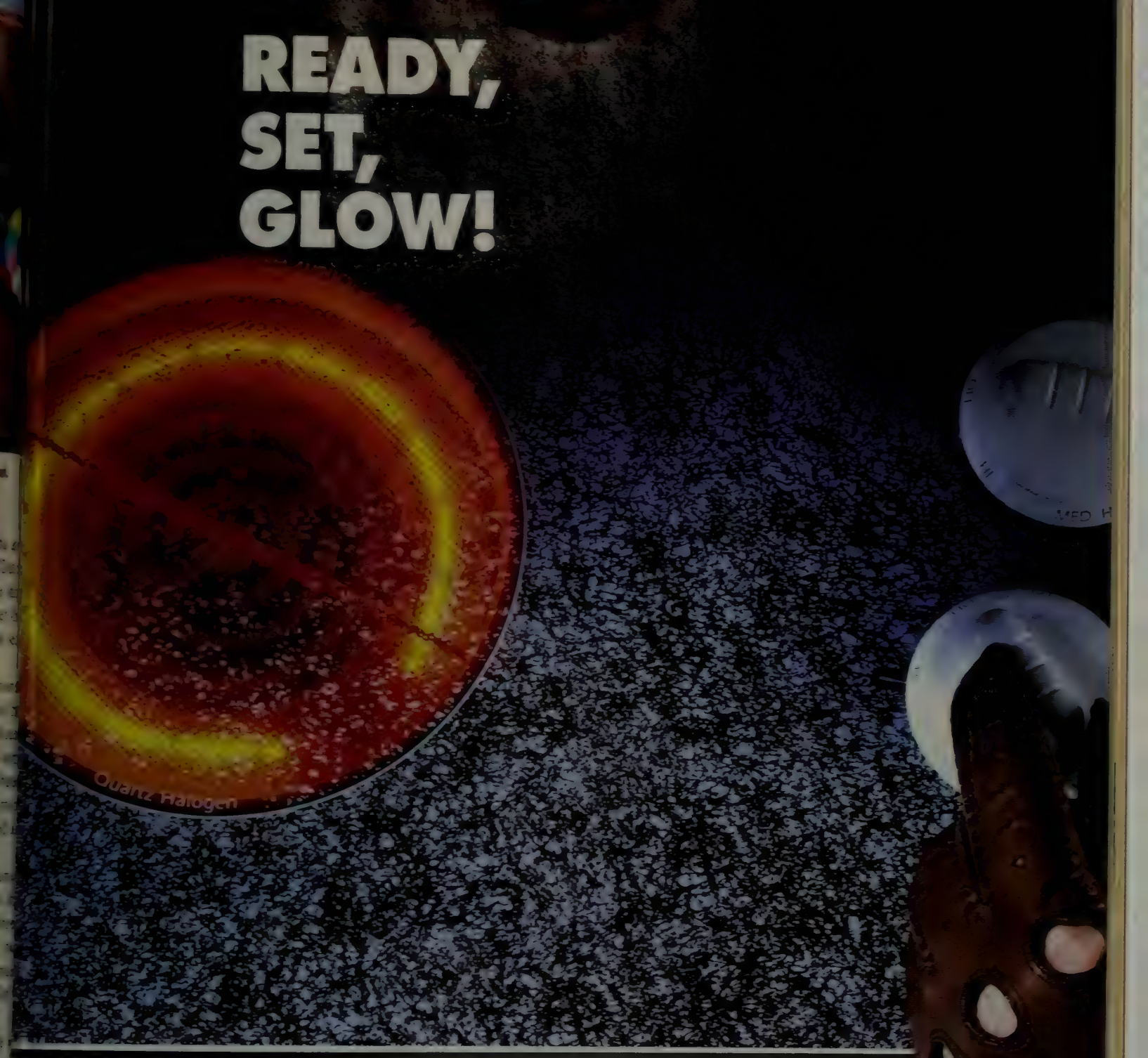
Curaçao's beaches are scattered in little coves arou the island. Most hotels contain casinos.

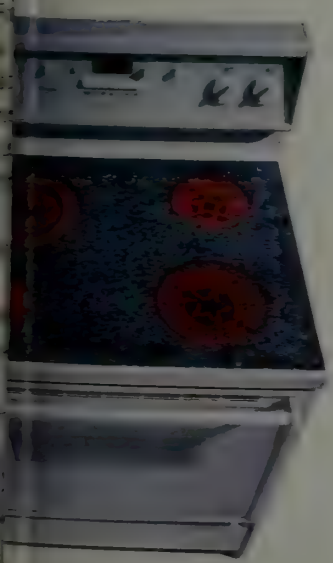
The Princess Beach Resort & Casino features a whi sand beach (from $140; ***800/327-3286***). Sonesta Beach i plush new resort (from $185; ***305/773-9088***).

Carnival, a Mardi Gras-type celebration during the p Lenten season, is an exciting time to visit Curaçao.

For information contact the Curaçao Tourist Office, 4 Madison Ave., Suite 311, Dept. BHG, New York, 10017; ***800/332-8266.***

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Amana smoothtops come as cooktops or ranges. And all our ranges have our Insta-Broil™ system that cooks a lot faster than ordinary electric broilers.

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WHAT YOU'VE BEEN MISSING **Amana**

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by Michelle Tibodeau



Holiday Harvest

Let your holiday decorating scheme blossom with the lush look of nature's bounty. Brimming with decorations of fresh fruits, flowers, and vegetables, your Christmas tree will become a colorful and true "ornamental garden."



Here, a generous assortment of flowers and produce (which can later be fed to wildlife) snuggle amid evergreen branches. To attach a [illegible] garden variety to your tree, stick [illegible] florist's picks (sticks with wire [illegible] around [illegible] into the foods, which you [illegible] to the tree. [illegible] items to sturdy branches close to the trunk. Place larger fruits and vegetables on sturdier bottom branches; each piece may need several picks wired to multiple branches for the proper support.

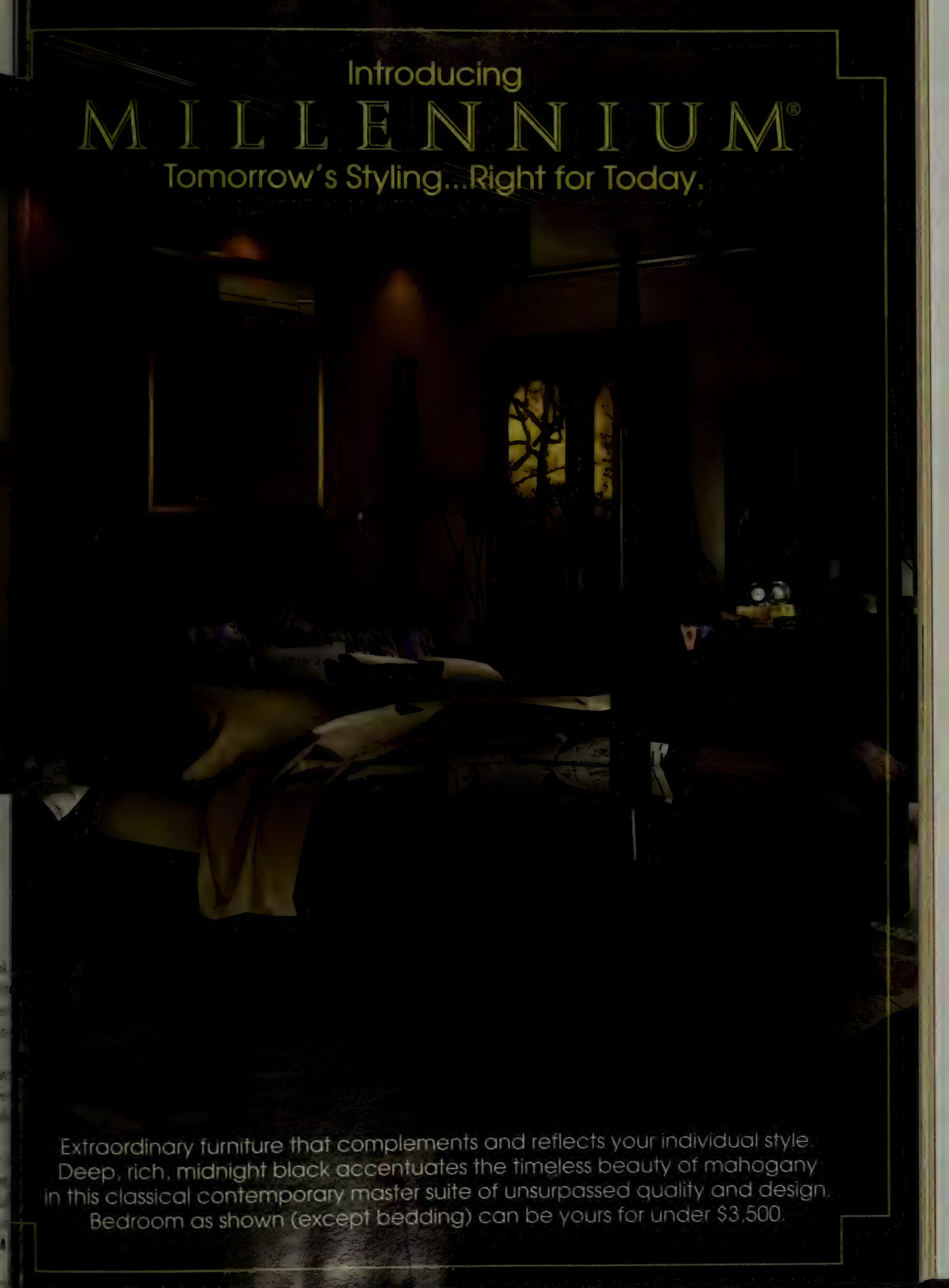
Although the roses on this tree are real (plastic vials of water help preserve them), you may prefer using silk blooms. Attach them with wire.

To scale down this project for a tabletop, stick flowers and produce on a wooden apple cone (available from Colonial Williamsburg: 800/446-9240). Wire greenery in between the fruits and vegetables to create a mini tree.

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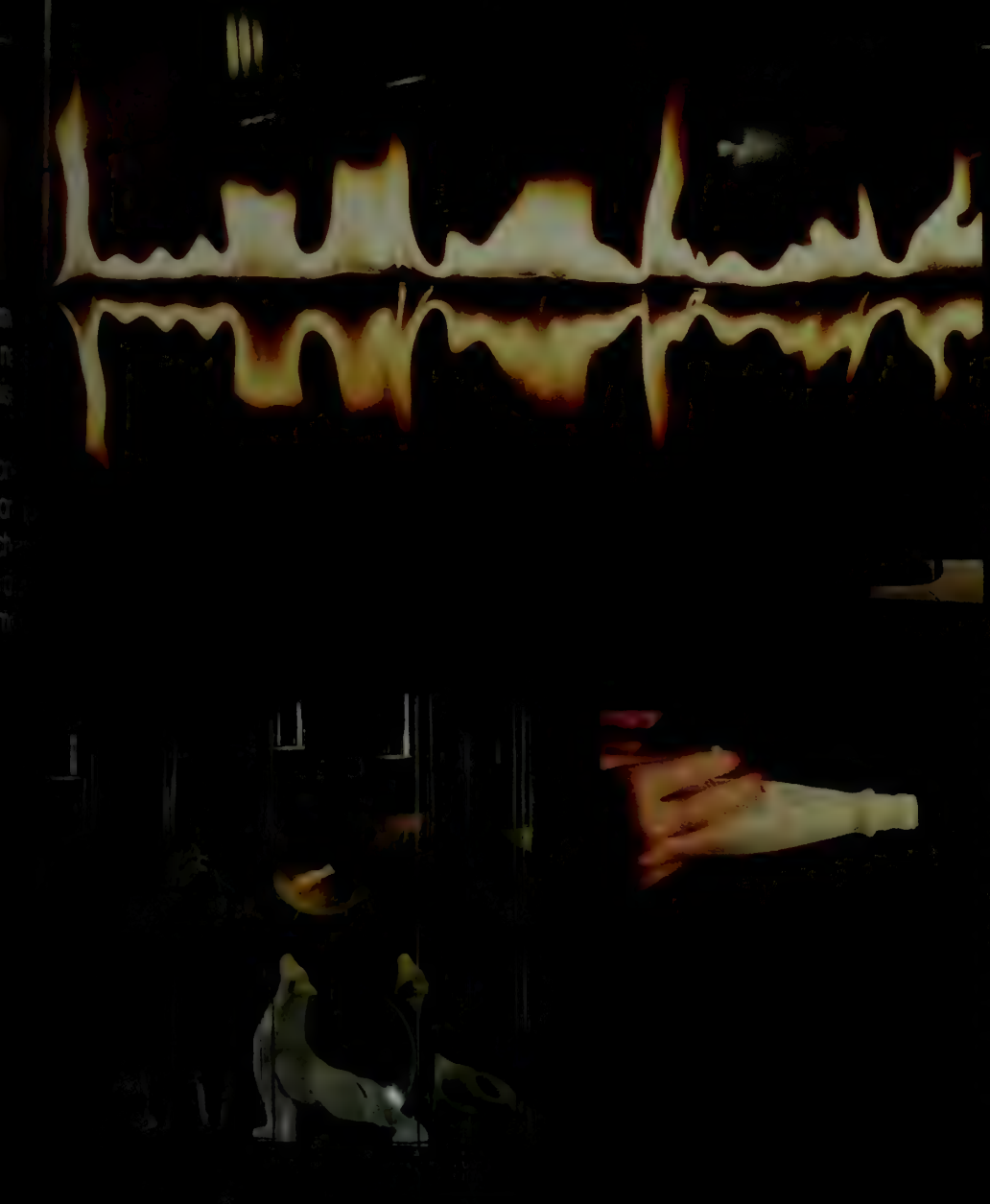
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The Defining Edge

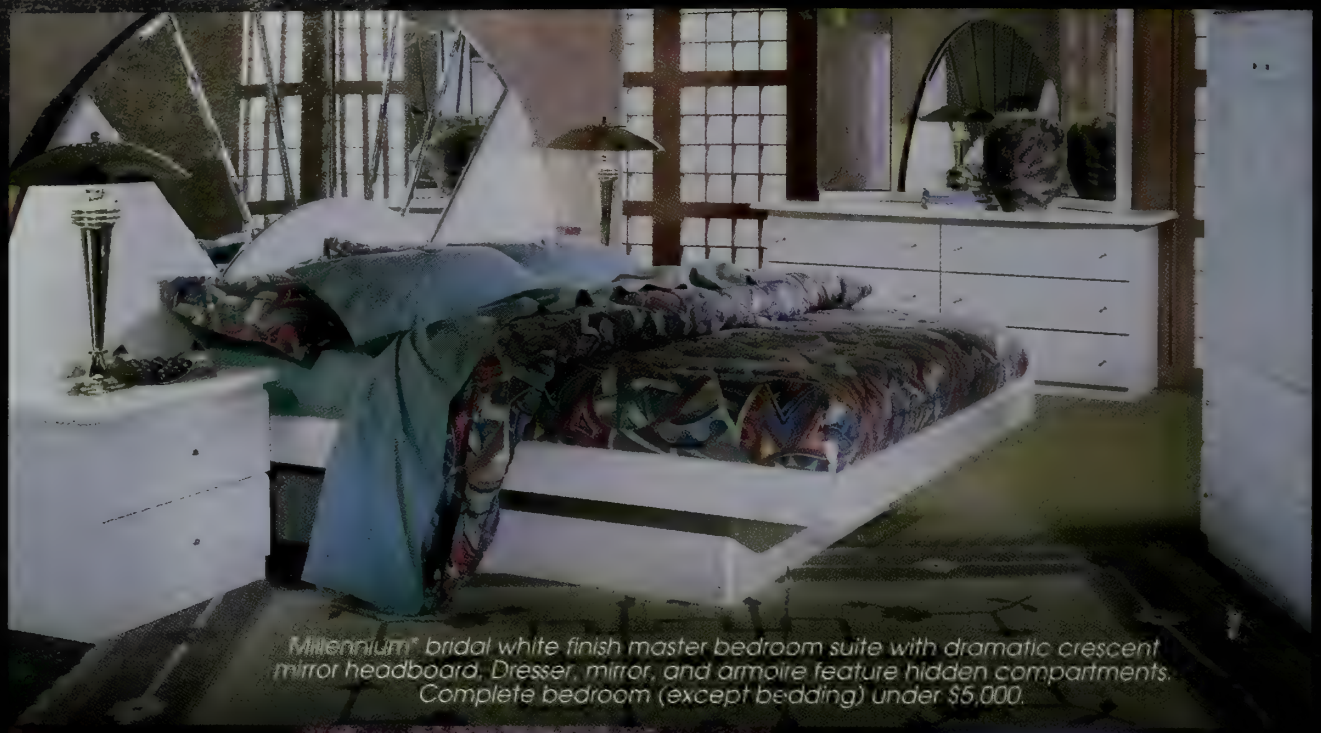
The edges of Millennium® are not only beautiful and durable, they are the defining difference of our outstanding quality. Most high gloss furniture is edged with paper, plastic or wood components which are glued or pressure fitted. Spilled liquids, heat, humidity and even the opening of a door can cause these to loosen and separate.

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The Nature of Things

continued from page 73

BEADED HEART ORNAMENTS

page 66

Materials for each heart: 6-in.-square damask or brocade fabric; 6-in.-square backing fabric; gold thread; bugle and seed beads; lace and trims; dull finish gold spray paint; cord for hanging; polyester fiberfill; matching thread.

Instructions: Finished size, approximately 4×5 in. Draw heart shape for pattern on paper, including ¼-in. seam allowance. Transfer shape to heart and backing fabrics; cut out. Embroider and embellish fabric design with gold thread and assorted beads. Spray lace with paint; let dry completely. Sew lace to front; sew cord in place at heart center top.

Sew front to back, right sides facing; leave small opening for turning. Lightly stuff; slip-stitch closed.

STAR AND PINE SAMPLER

page 65

Materials: 14×12 in.-piece 28-count sage Jobelan even-weave fabric; DMC floss in following colors: No. 310 black, No. 611 dark brown, No. 815 medium garnet, No. 3362 dark loden green.

Instructions: Finished design size, approximately 6×4½ in.

Find center of chart (*below*) and center of fabric; begin stitching here. Cross-stitch design according to chart using 2 strands of floss over 2 threads. Using 2 strands No. 310 black, backstitch letters.

WOODEN ANGELS

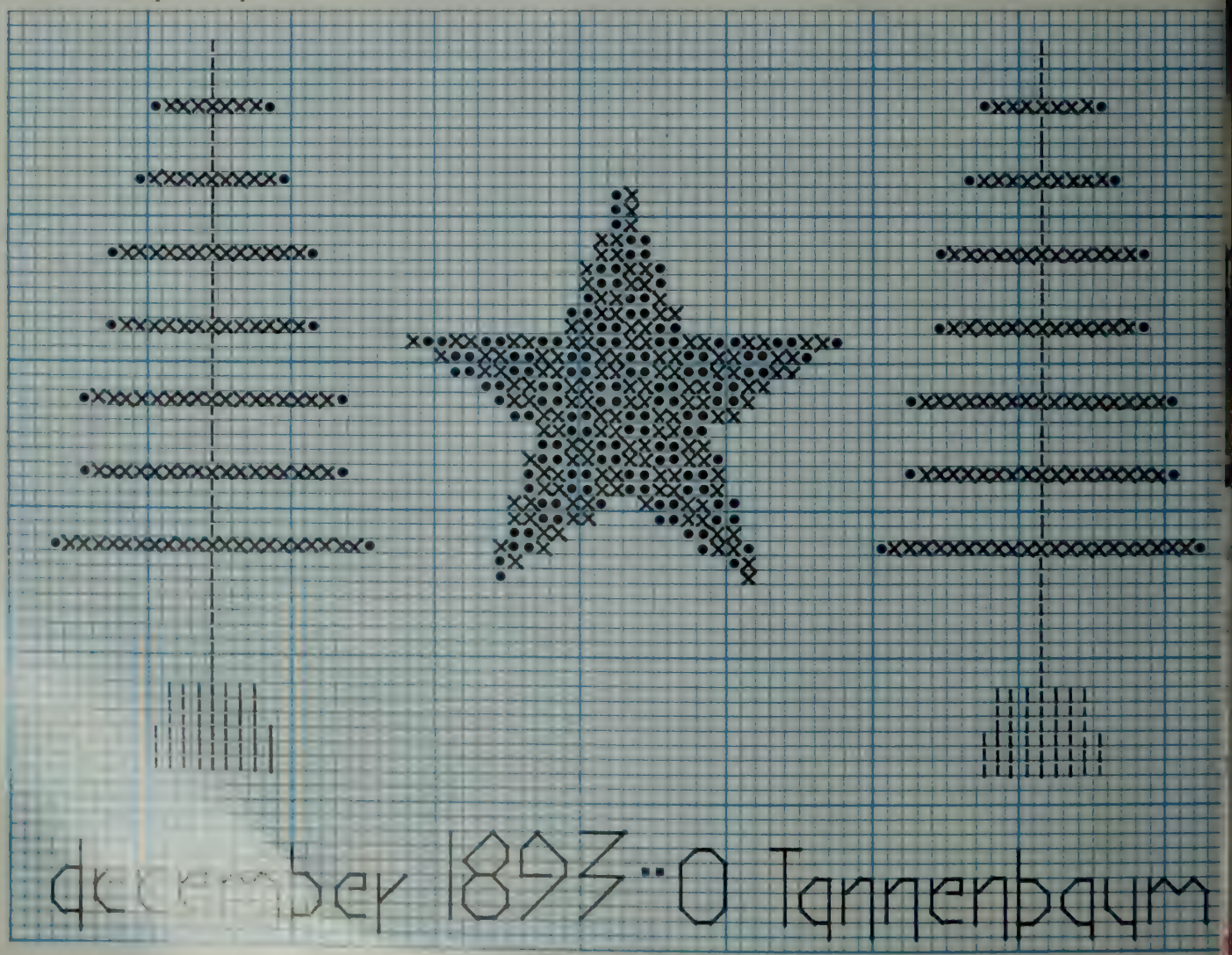
page 73

To order a kit to make two Wooden Angels, send your name and address plus a check or money order for $15.95 to: *Better Homes and Gardens®* Reader Service, P.O. Box 9128, Dept. 9312, Des Moines, IA 50306-9128. To order with your Visa or Mastercard, call 800/881-4066. The kit includes all materials to make the angels except paint. The price includes shipping, handling, and sales tax where applicable.

Materials for each angel: Wooden smokestack (available at craft and hobby shops); ½×6-in. piece lightweight metal; metal primer; Delta Ceramcoat or other acrylic paints in following colors: Avalon, Flesh Tan,

continued on page 100

Star and Pine Sampler *1 square = 1 inch*



▣ *310 black* ☒ *3362 dk. loden green* ⊡ *611 dk. brown* ◙ *815 med. garnet*



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ow there's a gift that gives a man a clean comfortable shave anytime, anywhere. orelco Speedrazor™. It's small, portable and shaves exceptionally close because f the unique "Lift and Cut"™ system. And, if you're wondering if the men in our life would appreciate this, just think of the alternative.



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The Nature of Things

continued from page 98

Green Isle, Spice Brown, Spice Tan, and Tompte Red; Spanish moss; 3–6-in. length lightweight wire; small nails; jute for hanging.

Instructions: *Note:* Angel is formed by using smokestack upside down; narrow end forms head, wide end forms skirt. If desired, flatten skirt front and back by sanding.

Notch short ends of metal strip. Smooth edges by rubbing with flat edge of scissors or hammering. Spray with primer; let dry.

Paint angel and wing with stars, hearts, patches, and simple face as desired. Antique angel and wing.

Glue moss to head for hair; shape wire into halo and glue in place.

Shape wing by bending around pencil. Punch hanging holes in wing with nail. String jute through holes. Nail wing to body back.

SCREEN STARS AND BOW

page 67

Materials: Scraps aluminum screening (available at hardware stores) for stars or 4-ft. length for bow; spray paint; stapler and staples.

Instructions for large star: Cut screening 3½×33 in. With folds going in alternate directions, accordion fold screen into 10 even 3¼-in. folds. Overlap remaining 3¼-in. length; staple in place. Open screening to form 5-pointed star. Form hanger from single strand of screen wire. Spray paint as desired.

- *For small star:* Make in same manner as above using 2×22-in.-long screening.
- *For flat stars:* Draw star shape onto screen. Cut out and paint.
- *For bow:* Cut 3½×40-in.-long piece screening for streamers and 9×12-in.-long piece for knot.

Slightly fold, but do not crease, remaining screening into triple thickness forming bow loops. See photograph on *page 67* for details.

Bend knot section into triple thickness. Lay loops flat; center streamers at midpoint of loops. Wrap knot piece over streamers and loops; staple in place on back. Add hanging wire; spray paint as desired.

MOSS AND TWIG MINIATURE CHAIRS

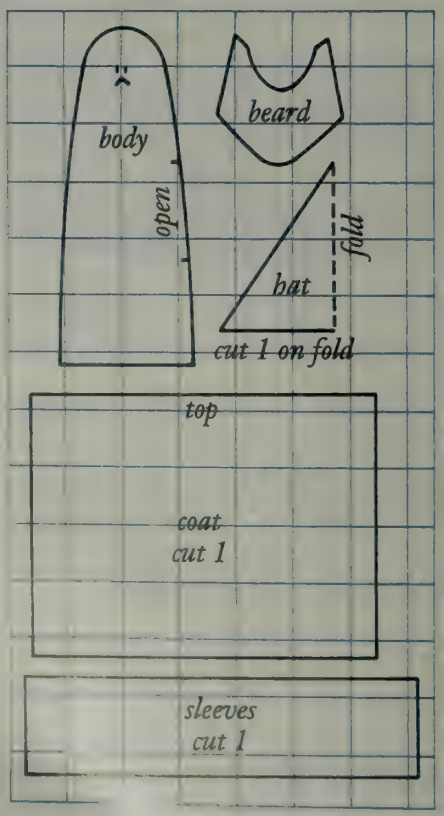
page 72

Materials for each chair: Pliable twigs and branches, such as willow, alder, or cedar; 3×3-in. scrap thin wood for seat; ¼- to 1-in. interior panel finishing nails; clippers; hammer; coping saw.

Instructions: Slightly notch each corner of seat to fit twig legs. Position 2 twigs in cutouts to form back legs and extend into chair back; 3 in. of leg should show below seat. Nail in place.

Position 2 front legs and secure in same manner. If desired, wrap front legs to form arm or attach additional twigs to form arms. Be creative in designing each chair using forked branches for back/leg elements. Add moss, sunflower heads, shavings, or other textural elements as desired.

Santa in a Star *1 square = 1 inch*



SANTA IN A STAR

page 68

Materials: Scraps as follows: musl fabric, tan fleece-like fake fur f coat, short-napped white fur f beard, batting; polyester fiberfi natural-colored raffia; two 18-i pipe cleaners; black permanent fa ric marker; red acrylic paint; ho glue gun; white glue; artifici greenery; tiny pinecones; small fle ible branches; sturdy branches; sma nails; gold metallic paint or leafing

Instructions: Finished size, approx mately 13 in.; Santa, approximate 6 in. tall.

Enlarge pattern (*left*) to scal Transfer body to double thickne of muslin; sew on line, leaving sid opening. Trim excess fabric.

To make ½-in. gusset across bo tom at corners, line up bottom an side seams together to form point each corner. Measure ½ in. dow from tip; sew across tip to for squared bottom. Turn right sid out; stuff firmly. Blindstitch openi closed. Make black dots for eyes an nose; paint cheeks with red paint.

Cut out coat; turn top edge und ½ in. Wrap around body, slight overlapping edges at center fron glue in place.

Cut beard from white fur; glue front and sides of face. Add whi fur above eyes for hair.

Cut hat; sew narrow seam to for pointed hat. Turn right side ou turn under bottom edge. Glue h to head.

Twist pipe cleaners together; fo both ends back 1½ in. to form loo for hands. Pipe cleaners shou measure 8 in. Cover loops with 1 in. square of batting; sew battin ends around wrist to secure.

Cut sleeve from fleece. Lay pip cleaners along 1 long edge; roll form sleeve. Glue raw edge in plac Center arm piece to body bac directly below hat; wrap around front. Glue in place.

Tie raffia around waist. Twist greenery around one arm; glue pinecones in place as desired.

continued on page 10

Your Kids create Christmas memories.



Fun

& HAMMER® Baking Soda
give your kids hours of
in making Play Clay
aments for the tree....
cial ornaments you and
ur family will cherish
ears. And there are lots
un ideas on the back
of the box.



Play Clay Recipe

In saucepan, stir together 2 cups ARM & HAMMER® Baking Soda and 1 cup cornstarch, add 1¼ cups water. Cook over medium heat, stirring constantly, until mixture is consistency of moist mashed potatoes. Turn out on a plate and cover with damp cloth until cool enough to handle. Roll to ¼-inch thickness. Cut shapes with cookie cutters. Press hole near top of each ornament with toothpick. Allow ornaments to dry on flat surface and harden overnight. Paint, decorate and protect with a shiny glaze

The Nature of Things

continued from page 100

For star, cut ¼-in. diameter branches into five 13-in. lengths. Arrange branches to form 5-pointed star; nail or wire ends together. Twist thin vining branches around star, spot-gluing as needed. Apply gold paint or leafing as desired. Tie raffia loop at top for hanger. Thread raffia through bottom back edge of hat to tie Santa to star.

APPLIQUÉ AND EMBROIDERY ORNAMENTS

page 67

Materials: Assorted 10-in. squares and scraps of wool, flannel, or felt; assorted scraps of embroidery floss in contrasting colors; polyester fiberfill; string for hanging.

Instructions: Finished size varies with each ornament. Ornaments should be primitive and stitches should be neat but irregular. Use the designs shown on *pages 67* and *69* for ideas and inspiration, allowing your designs to vary. Coloring books and children's drawings may also yield simple design shapes. Mixing fabric and floss colors and using a variety of stitches will add to the old-fashioned "sampler" look of the ornaments.

- ***Appliquéd star:*** Cut star shape as desired, making sure star fits easily within 10-in. square. Using 6 plies of floss, cross-stitch star in place. Finish in manner listed below under Assembly.
- ***Embroidered star:*** Using couching stitch and 6 plies of floss, stitch star shape to square. Fill star center with 6-pointed stars using straight stitch and tack at each star center. Use same stars for outer border.
- ***Snowman:*** Cut 3 circles, 1¼, 1 and 2 in., from white fabric.

Starting with bottom circl appliqué each circle in place wi cross-stitch or straight stitch using plies of floss. Using 3 plies of bla floss for arms, make double runni stitch for branch-like arm Appliqué or embroider square f hat top to head using dark-color floss. Brim is 1 or 2 rows of cha stitches in 3 plies of floss. Eye mouth, and buttons are 3- or 6-p French knots in black. Satin-stit nose in triangular shape with red orange floss.

- ***Embroidered tree:*** Working the ru ning stitch with 6 plies of flos stitch tree trunk. With 6 plies floss and chain stitch, make straig branches having longer ones at bo tom and gradually shorten near t of tree. With 3 plies of floss, mal lazy daisy stitches on either side branches for feathered look.

IF IT WEREN'T FOR COTTON PANTS
THAT LOOKED LIKE THIS OUT OF THE DRYER,



© 1993 Haggar Apparel Company

Add French knot red "bulbs" at each branch end with 3 plies of floss. Top tree with 6-pointed yellow star made with straight stitch and center tack.

• *Appliqué tree:* Cut desired tree shape from green fabric; cut trunk from dark scrap. Appliqué in place with straight stitch. With various colors and plies of floss, embroider French knots to tree for lights.

Assembly: Stitches used for finishing are cross-stitch, chain, blanket, double-running, and 6-pointed star with center tack. With matching backing fabric, determine size and shape of ornament; embroider finishing stitch leaving 2-in. opening for stuffing. Stuff; finish stitching. Trim fabric about 1 in. from stitching with pinking shears. If frayed look is desired, trim fabric with regular shears and pull threads. If finishing with blanket stitch, trim to desired size first, then stitch.

SKATER DOLLS

page 72

To order a full-size pattern for the Skater Dolls, including complete instructions for making their clothing from recycled adult or children's clothing, send your name and address plus a check or money order for $9.95 to: *Better Homes and Gardens* Reader Service, P.O. Box 9128, Dept. 9312, Des Moines, IA 50306-9128. To order with Visa or Mastercard, call 800/881-4066. Price includes shipping, handling, and sales tax where applicable.

Materials for each doll: 45-in.-wide fabric in following amounts: ½ yd. muslin for body, ½ yd. for circle skirt, ⅛ yd. for pleated skirt; 60-in.-wide fabric in following amounts: ½ yd. wool for skirt or pants, ½ yd. knit for leggings, ½ yd. knit for turtleneck; white or black fabric scraps for skates; old sweater for sweater and hat; doll hair, such as Curly Crepe; trims, such as flat braid for circle skirt and buttons for sweater front; tacky glue; two 11-in.-long ½-in. dowels; two ½-in. buttons for eyes; large paper clip for skate blade; pipe cleaner and 2 large pom-poms for earmuffs.

Instructions: Finished size, approximately 26 in. tall. Unless otherwise stated, sew with right sides together; pattern includes ¼-in. seam allowances.

Enlarge pattern on *page 104* to scale. Cut head, body, and hands from muslin, flopping 2 hands. From muslin, cut four 1¾×8½-in. leg pieces; cut four 1¾×6¼-in. arm pieces. Cut skates, flopping 2 skates.

Sew hand to end of each arm, flopping 2 hands to form matching pairs. Sew arms together in pairs, leaving open at top. Clip curves;

continued on page 104

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These are men's 100% cotton pants that are ready to wear right out of the dryer. And considering we washed and dried them five times with our competitor's cotton pants, we think they have a look you'll really appreciate.

100% Cotton. 0% Wrinkles.

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The Nature of Things

continued from page 103

turn to right side. Assemble legs in same manner.

Cut dowels to following lengths: four 3½-in. pieces and four 2-in. pieces.

Note: Leg seams run down center front and back; arm seams run down sides.

Stuff skate with fiberfill just above foot/leg seam; insert 3½-in. dowel. Add small amount of fiberfill; sew across leg to form knee. Add small amount of fiberfill; insert 3½-in. dowel. Add fiberfill to within ½ in. of open end. Repeat for other leg, making sure knee seams match.

Lightly stuff hands to just above hand/arm seam. Topstitch to form fingers. Stuff arms with fiberfill and 2-in. dowels in same manner as for legs. Sew across arms for elbows.

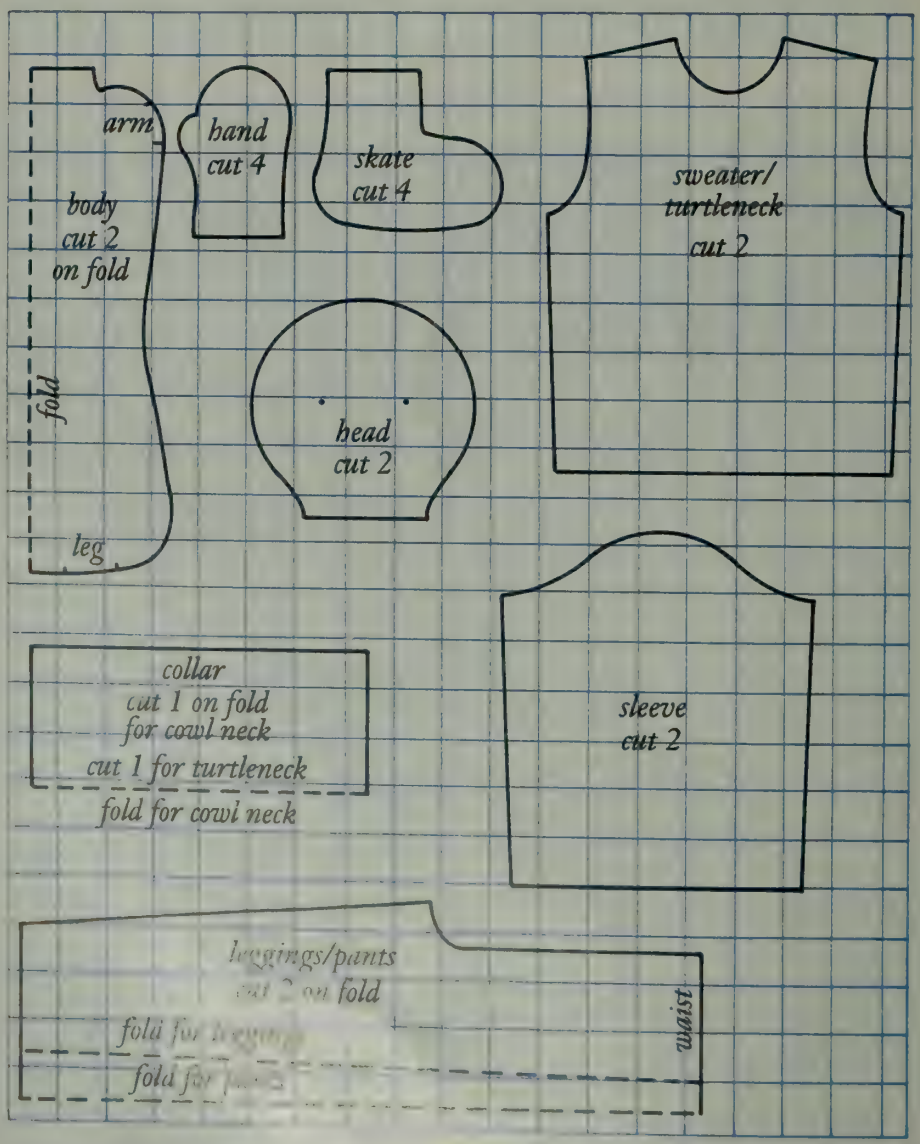
Sew head piece to each body piece. Pin arms to right side of one body piece, matching raw edges of body sides keeping remainder of arm free from seam line.

Sew body pieces together, leaving open at bottom. Clip curves; turn.

Turn under seam allowance on lower body edge; baste. Stuff head and body. Pin leg tops to lower edge of body, encasing raw edges; slip-stitch lower edge closed. Style and glue hair as desired. Glue or sew on buttons for eyes.

•*Sweater:* Decide placement of pattern pieces according to sweater design; cut out. Sew shoulder seams.

Skater Dolls *1 square = 1 inch*



Sew sleeve to sweater. Sew under arm and side seam. *Note:* If fab starts to ravel, overcast seams or commercial fray-checking liquid.

•*Turtleneck:* Sew shoulder sean sew center back collar seam. Fold half, wrong sides facing; sew col to neck edge. Finish in same ma ner as sweater.

•*Circle skirt:* Cut 18-in. diamet circle; cut out center circle to waist. Zigzag stitch stretched na row elastic to skirt waist. Narro hem lower edge; sew braid tri around lower edge.

•*Pleated skirt:* Cut 12×36-in. leng of plaid fabric; sew narrow en together for center back seam. Bas pleats along top edge to be slight larger than doll's waist. Zigza stitch stretched elastic at waist; he lower edge.

•*Scarf:* Cut tightly-woven wool fa ric 2×20-in. long; cut ends to fring If using wool that ravels, cut twice wide; sew center seam leaving en open. Turn right side out. Sew 1 i from end; fringe end.

•*Earmuffs:* Bend pipe cleaner to head; glue large pom-pom to ea end. Glue doll's hair.

•*Pants:* Sew center front and cent back seam. Turn under ½ in. waist; zigzag stitch stretched narro elastic to fit waist.

Sew leg seams; hem lower edge.

•*Leggings:* Make in same manner pants, adding elastic to leg hems.

•*Stocking hat:* Cut 10×14-in. trian gular-shaped piece of sweater usin ribbed edge for lower hat edge. Se center back seam. Glue pom-pom pointed end.

•*Knit hat:* Cut 12×6-in. rectang from ribbed portion of sweater: se center back seam. With right side together, gather upper raw edg pull tight and secure. Glue pom pom on gathered top.

•*Skates:* Paint skates, if desired; ad floss for ties. Straighten paper cli for skate blade; poke ends into skat Secure with dot of glue.

Glue pom-pom to toe of gi skates, if desired.

continued on page 10



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The Nature of Things

continued from page 104

BOSTON COMMONS QUILT

page 69

Materials: 45-in.-wide fabric in following amounts and colors: assorted prints to equal 5–6 yd., 5 yd. pink for borders and triangle shapes, 6 yd. backing, 1 yd. for bias binding; 90×108-in. quilt batting; plastic or cardboard for templates.

Instructions: Finished size, approximately 80½ x 96 in.

Unless otherwise stated, sew with right sides together using ¼-in. seam allowances.

Note: Quilt is not made in block pattern. Squares are joined into strips and strips joined together to form wide borders.

Templates: From template plastic or thin cardboard, make templates as follows, making sure to add ¼-in. seam allowances to all sides:

Part A: 2¼-in. square.

Part B: Draw 2¼-in. square; divide square in half diagonally. Label one triangular section Part B.

Part C: Draw 1¼-in. square; divide square in half diagonally. Label one triangular section Part C.

Make sure to add ¼-in. seam allowances after these are measured. Cut templates.

Cutting: From prints, cut 634 pieces of Part A. From pink fabric, cut borders first as follows: cut 2 inner borders 8½×29½ in. and two 8½×32½ in. Cut 2 middle borders 7×61¼ in. and two 7×64¼ in. Cut 2 outer borders 2½×80½ in. and two 8½×81 in. From remaining pink fabric, cut 292 pieces of Part B and 20 pieces Part C.

Piecing: When piecing strips, avoid joining like fabric squares. Strips are made by joining a number of squares with right angle of Part B at each end.

Assembly: For center panel, make 2 pyramids of strips with 1, 3, 5, and 7 squares respectively. Beginning with one single-square strip in the upper left corner and another single-square strip in lower right corner, join lower edge of long strips ending with rectangular center panel. Square off panel with one Part C in each corner.

Sew inner pink borders to center panel edges.

For inner pieced border, make strips of 5 Part A squares and 1 Part B triangle for each end. Forty strips are needed in addition to two corner pyramid triangles. For each corner make pyramid of 1, 3, 5, 7, and 9 squares. These will fit in upper right and lower left corners.

Start assembly in upper left corner joining strips for top and bottom and sides.

When joining strips offset one square Part A each time for "on point" effect.

Square off with Part C in each corner.

Sew middle pink borders to pieced border edges.

Make outer pieced border in same manner as described above using 4 Part A squares for each strip. Eighty strips are needed in addition to 2 corner pyramid triangles. For each corner, make pyramid of 1, 3, 5, and 7 squares. These pyramids will fit in upper right and lower left corners. Again, begin assembly in upper left corner. Square off with part C in each corner.

Sew narrow outer borders to sides of quilt top; sew wide outer borders to top and bottom edges of finished quilt top.

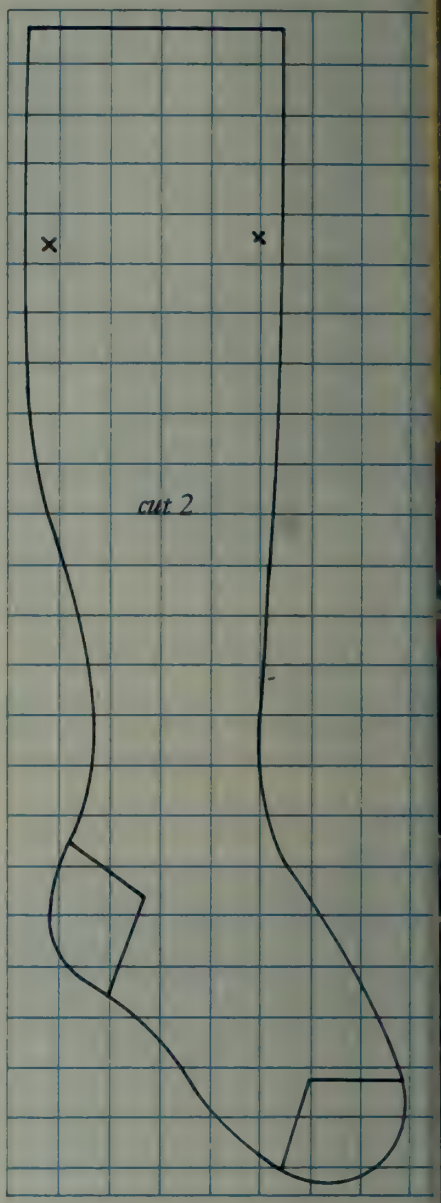
Finishing: Piece backing fabric as necessary to fit top. Avoid placing seam line down center of backing if possible.

Sandwich batting between quilt top and backing. Wrong sides of back and top should face batting. Baste through all thicknesses to prevent shifting. Hand- or machine-quilt along major seam lines or as desired. Trim edges of top, batting, and backing to be even. Cut binding fabric into bias strips; bind edges.

Light Your Heart

continued from page 96

Old-Fashioned Stocking *1 square = 1 inch*



OLD-FASHIONED STOCKING

page 86

Materials: 20×24-in. piece of artist's canvas; acrylic paints; thread; ¼-in.-wide masking tape.

Instructions: Finished size, approximately 18 in. long. Cut out stocking according to pattern (*above*). Using ½-in. seam allowances, sew stockings together around foot between Xs. Clip curves and slash seam allowance at Xs. Turn right side out, sew cuff seams from Xs and fold cuff down.

continued on page 108



PIER 1 HAS COME UP WITH something brilliant for the holidays: enchanting, handcrafted candleholders and vases in rich colors, suspended on wrought iron. They stand out beautifully, whether you keep them for yourself or give them as special presents. For an illuminating change this holiday, let these unique lanterns and vases light the way.

Pier 1 imports
for a change
this holiday

Light Your Heart

continued from page 106

To decorate with paint, mask off stripes on stocking front (to protect areas to be left unpainted). Paint exposed canvas as desired; dry. With hot water, rub painted areas to attain aged look. Soak in tea and dry in dryer to wrinkle. Iron lightly.

DECOUPAGE FRAMES

page 85

Materials: Unfinished frames; decoupage medium such as Mod Podge; magazine pages, maps, parchment papers; nails; decorative coins.

Instructions: Cover frames with papers following decoupage manufacturer's instructions. Add coins and nail borders.

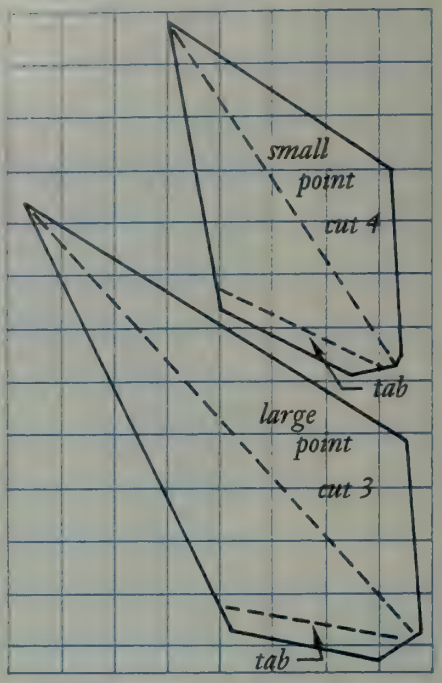
GOLD LEAF WRAPS, CARDS

page 88

Materials: Gold leaf sheets (available at art and crafts stores); gold leaf adhesive spray; brown kraft or mailing paper; blank greeting cards and envelopes made from recycled papers.

Instructions: Spray paper surface lightly with adhesive following manufacturer's directions; wait 2 minutes. Gently lay single sheet of gold leaf over adhesive, allowing irregularities and tearing to occur.

Advent Star 1 square = 1 inch



ADVENT STAR

page 85

Materials: Heavy paper such as watercolor paper; paper punch; nonyellowing transparent tape.

Instructions: Cut star points according to pattern (*above*). Punch holes in points. Fold points back along center lines; fold tabs forward. Working on back of the star, tape points together along short sides, alternating small points with large ones (top of star has 2 small points). Hang star with thread from 2 large points. See photograph on *page 85* for details.

HANUKKAH PLAQUE

page 96

To order a full-size Hanukkah Plaque pattern, see page 111.

Materials: 9×23-in. board with routed edges; Delta Ceramcoat or other acrylic paints in following colors: Black, Copen Blue, Light Ivory, 14K Gold; desired wood stain; antique medium; varnish.

Instructions: Enlarge pattern (*below*) to scale or desired size. Sand and stain board. Transfer pattern to wood piece.

Paint as follows: ivory for candles, gold for flickers and menorah, blue for lettering, and black for outlining everything except letters. Let dry.

Spatter with antique medium and toothbrush. Paint routed edge gold or blue. Varnish.

STAR CHARGER PLATE

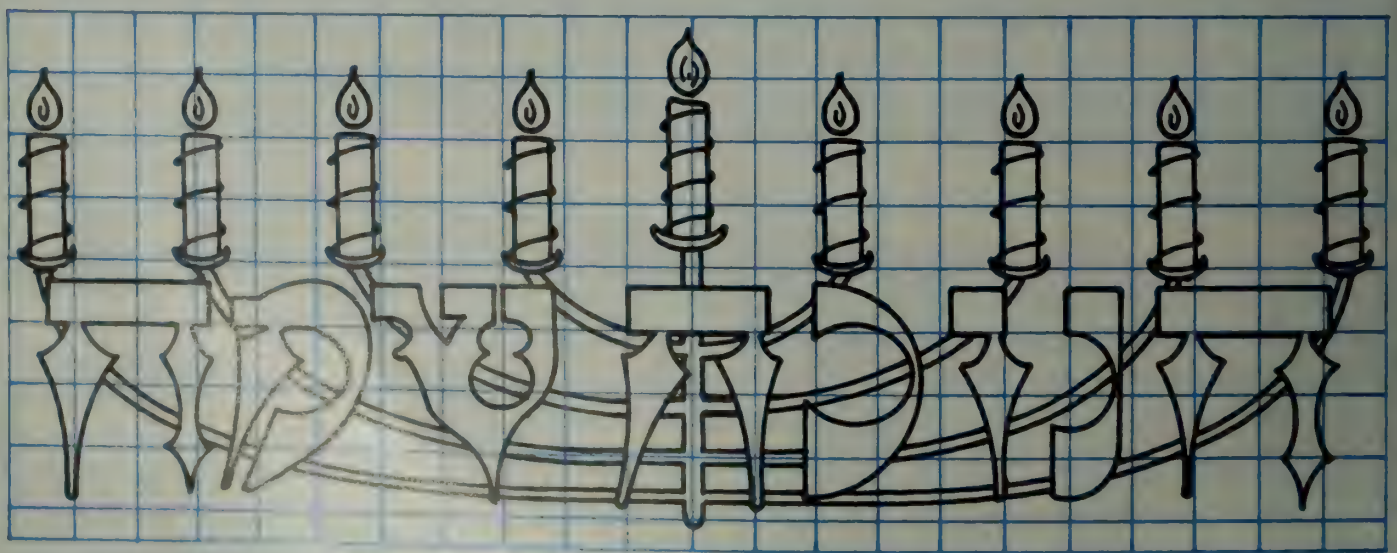
page 92

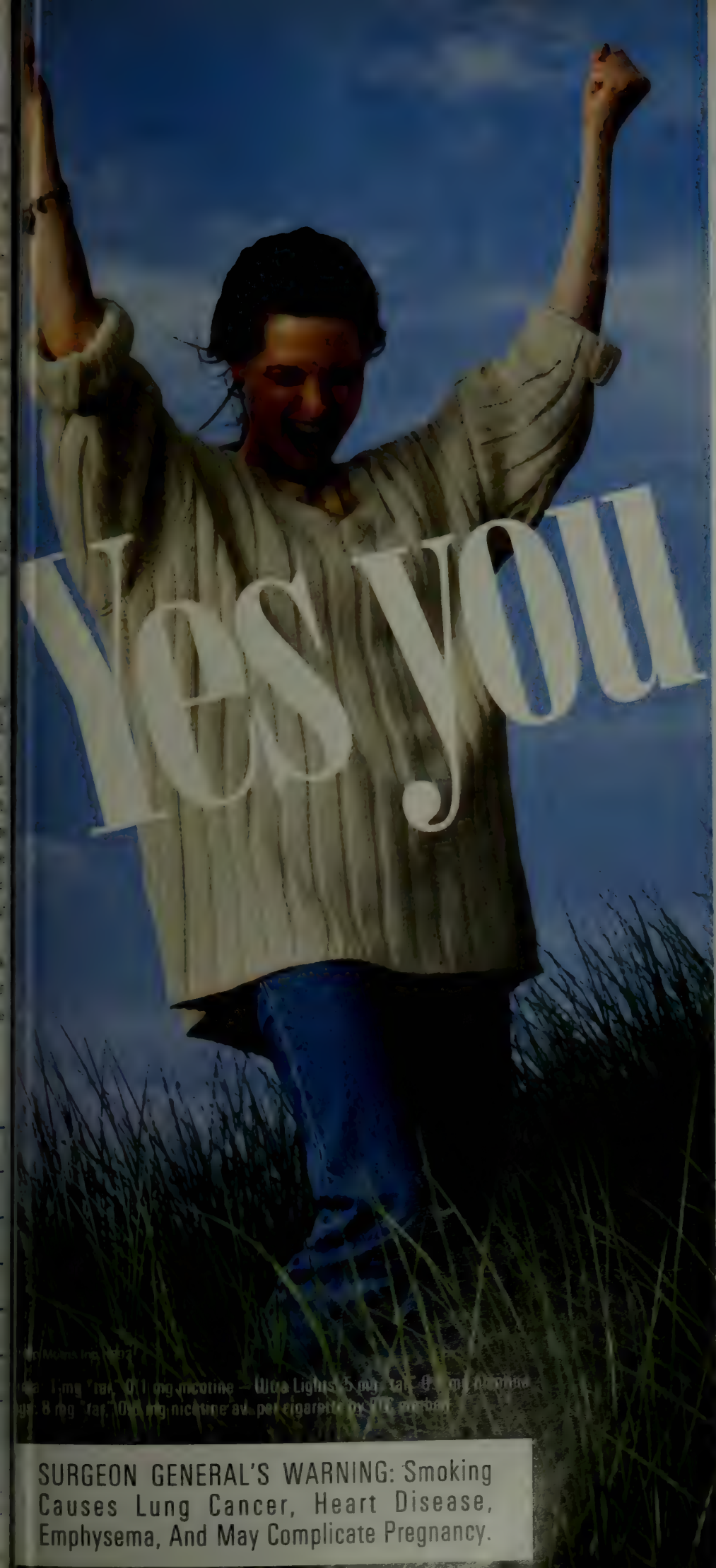
Materials for each plate: 14-in. and 8½-in. circles of ¼-in. Baltic birch; clear varnish.

Instructions: Draw 7½-in. and 12-in. circles within 14-in. wood piece, centering. Draw pointed star tips between 2 outer circles, having base of each point about 1 in. wide. Points should be uneven. Cut out star tips; remove 7½-in. circle.

Sand all surfaces of both circles. Glue 8½-in. circle under opening in plate, centering. Varnish or paint as desired.

Hanukkah Plaque 1 square = 1 inch





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VANILLA
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SHOPPING

Hanukkah Crafts



STAR OF DAVID QUILT

Full-size pattern for this charming 6-pointed star pattern.



HANUKKAH PLAQUE

Full-size pattern and complete painting and finishing instructions for the greeting shown on page 96.



HEBREW ALPHABET SAMPLER

Easy-to-read chart for this colorful year-round sampler.



EIGHT NIGHTS OF LIGHT SAMPLER

Enlarged chart for a quick-to-stitch menorah and greeting.

TO ORDER

To make the six great Hanukkah crafts shown here, order our Hanukkah Crafts Collection. The Collection includes full-size patterns, needlework charts, and complete instructions as required. See the descriptions *left* and *above* for details. Send a check or money order for $15.95 along with your name and address to *Better Homes and Gardens* Reader Service, P.O. Box 9128, Dept. 9312, Des Moines, IA 50306-9128. To order with your Visa or Mastercard, call 800/881-4066. Price includes shipping, handling, and sales tax where applicable.



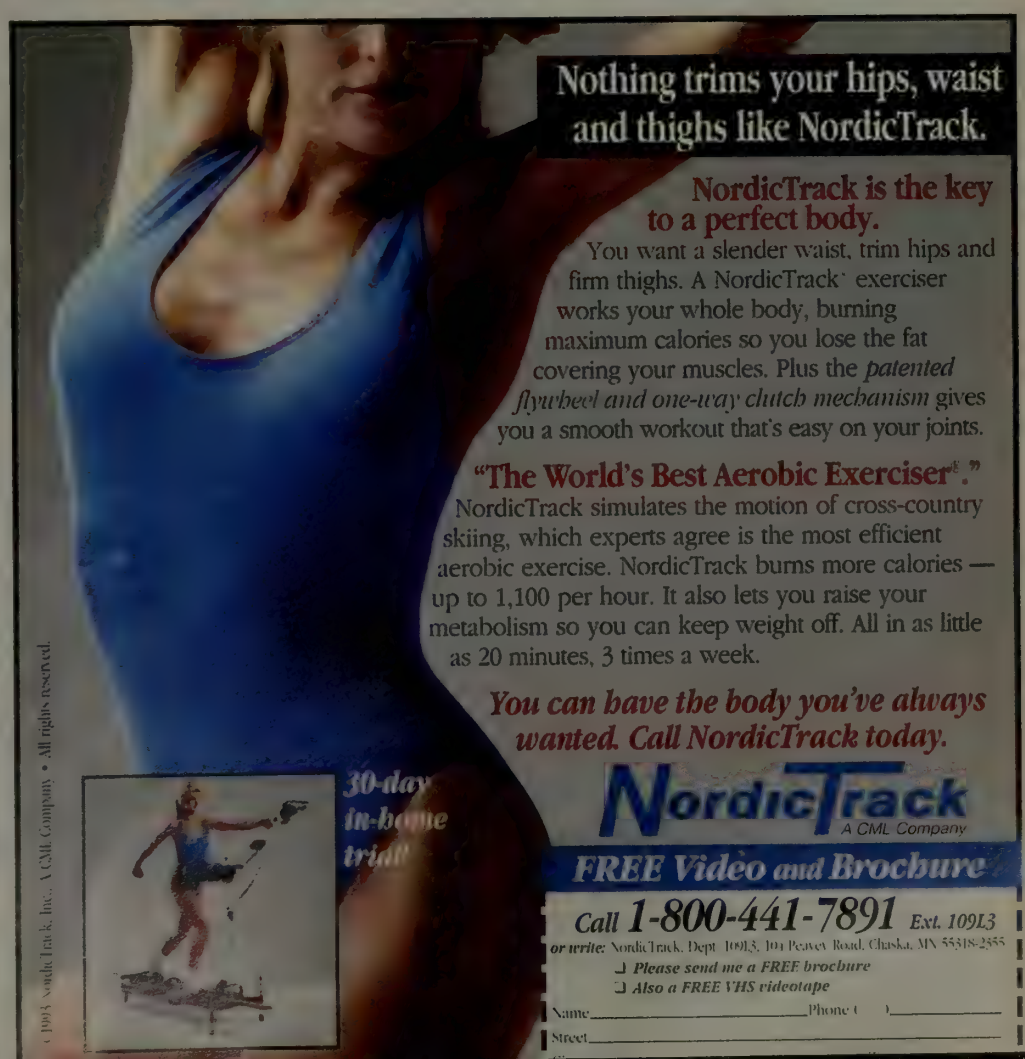
WOODEN MENORAH

Full-size pattern and finishing instructions for the wooden menorah and leaves.



"IN THE BEGINNING" EMBROIDERY

Embroidered leaves surround the first words of the Torah.



Chill Chasers

Warm up on a nippy night with one of these hot and soothing drinks.

Apple-Lemon Sipper: Combine equal parts lemonade and apple juice. Heat through. Garnish with a lemon wedge or slice.

Easygoing Wine Punch: Heat together ½ cup cranberry-apple drink; 1½ tsp. sugar; 2 inches stick cinnamon, broken; 1 whole clove; and ⅓ cup dry red wine. Strain to serve.

Zippier Sipper: Combine one 6-oz. can vegetable juice cocktail, ½ tsp. lemon juice, 1 tsp. sugar, and ¼ tsp. Worcestershire sauce. Heat through.

Minted Hot Chocolate: Add a few crushed butter mints to a single serving of instant cocoa mix before you add the boiling water.

Peanutty Cocoa: Add about a tablespoon of creamy peanut butter to a single serving of instant cocoa mix after adding the boiling water. Top with a few tiny marshmallows.

Spiked Mocha Nog: Combine ½ cup dairy eggnog, ⅓ cup chocolate-flavored milk, and 1 tsp. instant coffee crystals. Heat through. Top with dollop of whipped cream, if desired.

Lemon-Mint Tea: Stir ½ tsp. lemon juice and a dash of crushed dried mint into a cup of hot tea.

Coffee Extras: Stir about a tablespoon of one of the following liqueurs into a cup of hot, strong coffee: amaretto, orange liqueur, chocolate mint liqueur, or hazelnut liqueur.

Café Alexander: Stir 1 Tbsp. crème de cacao and 1 Tbsp. brandy into hot coffee.

It's the warm smell of crescent rolls baking.

Homemade apple pie that brings back childhood memories.

A cake so beautiful, they think you bought it.

Sugar cookies that little hands help you make.

It's the spirit of the holidays.

And in this spirit, we at Pillsbury offer you this helpful holiday baking booklet.

Happy holidays to you and your family.

Pillsbury

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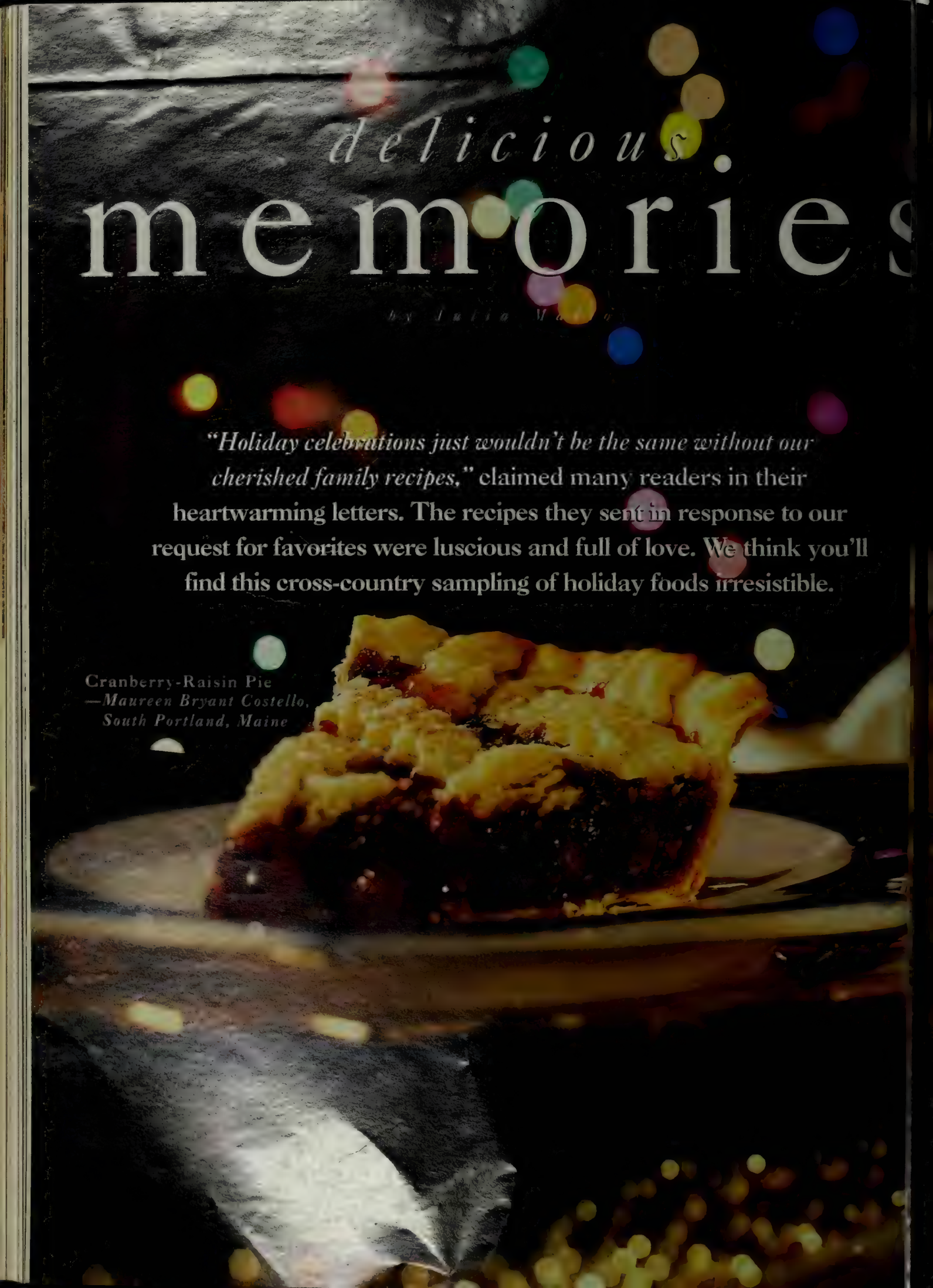
We've discovered the secret to get kids to eat their salads.

Introducing four fun new dressings that combine the freshness of Hidden Valley with the flavors kids love. And you'll love the good things they're made with, like real pepperoni and real cheddar cheese. Now let your kids discover how great salads and vegetables can taste.

delicious memories

by Julia Malone

"Holiday celebrations just wouldn't be the same without our cherished family recipes," claimed many readers in their heartwarming letters. The recipes they sent in response to our request for favorites were luscious and full of love. We think you'll find this cross-country sampling of holiday foods irresistible.



Cranberry-Raisin Pie
—Maureen Bryant Costello, South Portland, Maine



Lady Baltimore Cake
—Sandra Day,
Lafayette, Louisiana

Recipes begin on page 140

delicious

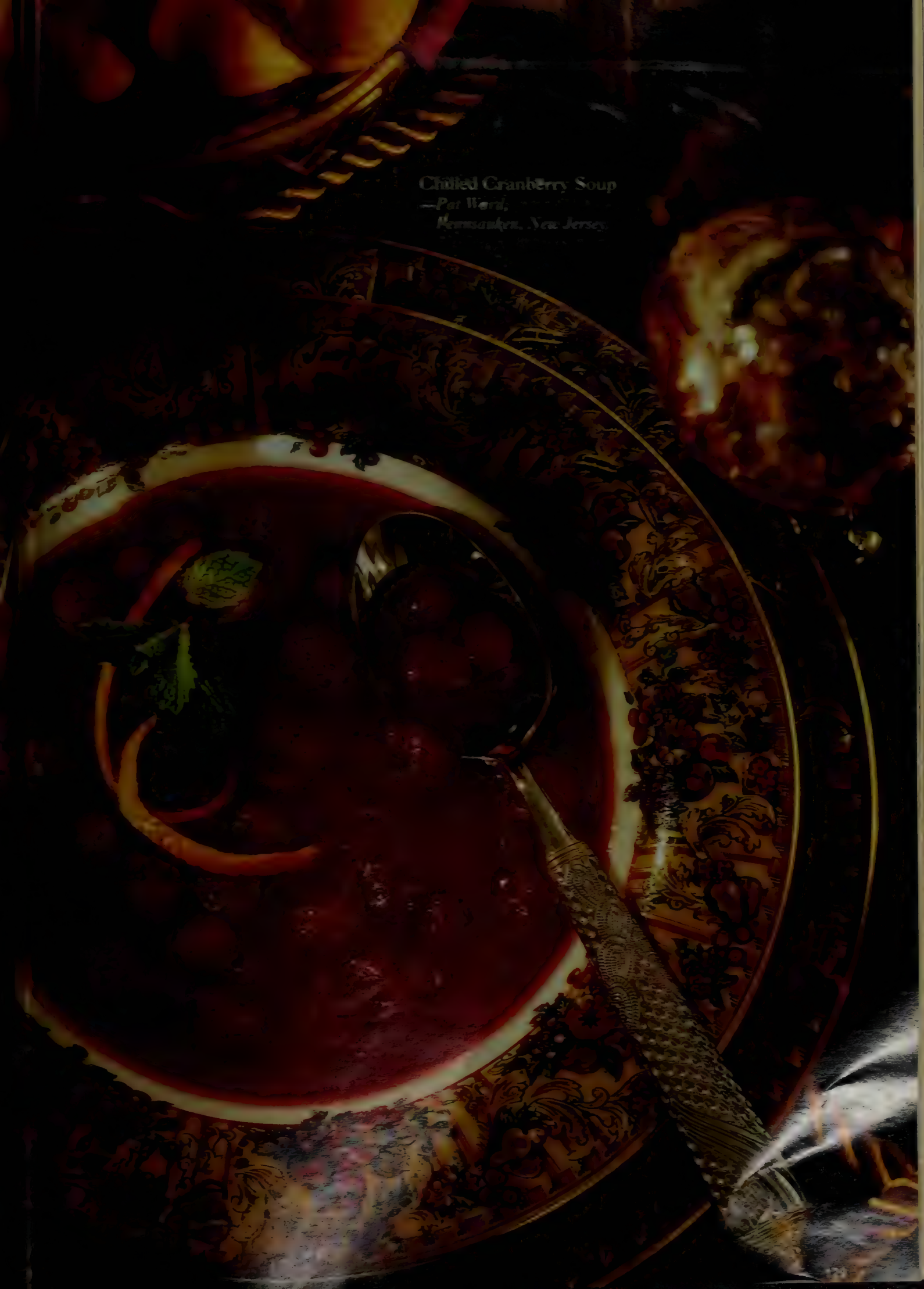
memories

One year, my brother Dan decided to give his busy sisters the priceless gift of time—he cooked the entire family Christmas dinner, starting with Christmas Wreath Salad. It was such a hit, the tradition has continued to this day.

—Pat Eltiste

Christmas Wreath Salad—*Pat Eltiste, Playa del Rey, California*
Baked Ham with Apple Stuffing—*Pat Ward, Pennsauken, New Jersey*
Caramel-Sweet-Potato Casserole—*Linda A. Verillo, North Bergen, New Jersey*




Chilled Cranberry Soup
—Pat Ward,
Hermsanken, New Jersey


Vinarterta
Icelandic Christmas C
—Anne S. Lewis,
Sacramento, Californ



Cranberry Pumpkin Bread—*Lisa Blais, Rumford, Rhode Island*

delicious

memories

My grandparents came from Iceland, bringing with them recipes that would become family legacies—recipes such as my favorite dessert, Vinarterta. Now I bake it in my own home, even mini versions to give as Christmas gifts.

—Anne S. Lewis

Recipes begin on page 140



Down-South Stuffing—*Janis Vandervort, Portland, Oregon*

delicious

memories

Hanukkah means cooking in oil, usually potato latkes. Not in our house. Instead of making potato latkes, our children help me prepare many different kinds of latkes, a tradition I hope they continue to cherish in the years to come.

—Sally Fink

page 150



Vegetable Latkes
—*Sally Link*
Des Moines, Iowa

delicious

memories



From left to right:
Noels—*Lorraine Brown, St. Louis Park, Minnesota*
Mormora Syltkakor (Grandmother's Jelly Cookies)—*Victoria Keenum, Roanoke, Virginia*
Coffee Pecans and Easy Apricot Foldovers—*Edna Bates Burger, Columbus, Georgia*
Butterscotch Fudge—*Christina Osborne, Houston, Texas*
Mincemeat Bars—*Jessie F. Hulbert, Jackson, Mississippi*

In 1966, with a newborn and not enough money to buy gifts, I baked holiday treats for family and friends. Now grown, my "baby" requests those same recipes year after year.

—*Edna Bates Burger*

Recipes begin on page 152

"CHEX PARTY MIX IS SO EASY EVEN HE CAN MAKE IT."



CHEX PARTY MIX AS EASY AS 1, 2, 3.

1/4 cup (1/2 stick) margarine or butter, melted
1-1/4 teaspoons Lawry's® Seasoned Salt
4-1/2 teaspoons Lea & Perrins Worcestershire Sauce
8 cups of your favorite Chex® brand cereals (Corn, Rice and/or Wheat)
1 cup Planters® Mixed Nuts or Planters® Peanuts
1 cup Keebler® Butter Braids



In small bowl add seasoned salt and worcestershire sauce to melted margarine; mix well. Pour Chex® cereals, nuts and pretzels into large GLAD-LOCK® zipper bag.



Pour margarine mixture over cereal mixture inside zipper bag. Seal top of bag securely. Shake bag until all pieces are evenly coated.



Pour contents of bag into large microwave-safe bowl. Microwave on High 5 to 6 minutes, stirring every 2 minutes.* Spread on absorbent paper to cool. Store in airtight container.

Makes 9 cups.



Conventional oven:
1. Preheat oven to 250° F.
2. Follow steps 1 and 2 above.
3. Transfer mix to open roasting pan. Bake 1 hour, stirring every 15 minutes. Cool and store as directed above.

*Due to differences in microwave ovens, cooking time may need adjustment. These directions were developed using 625 to 700-watt ovens.

PEANUTS Characters. ©1950, 1952, 1958 United Feature Syndicate, Inc.
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delicious

memories



Christmas Bread Trees and Wreaths—***Nancy Snyder, Anchorage, Alaska***

Some recipes live on for decades. Since 1951, when my mother tore these recipes from her new Better Homes and Gardens® *magazine, these breads have been a mainstay of our holidays. Thank you!*

—Nancy Snyder

Recipes begin on page 166

Photographs: Jon Jensen *Food Stylist: Janet Pittman* ***Prop Stylist: Melanie Parks***

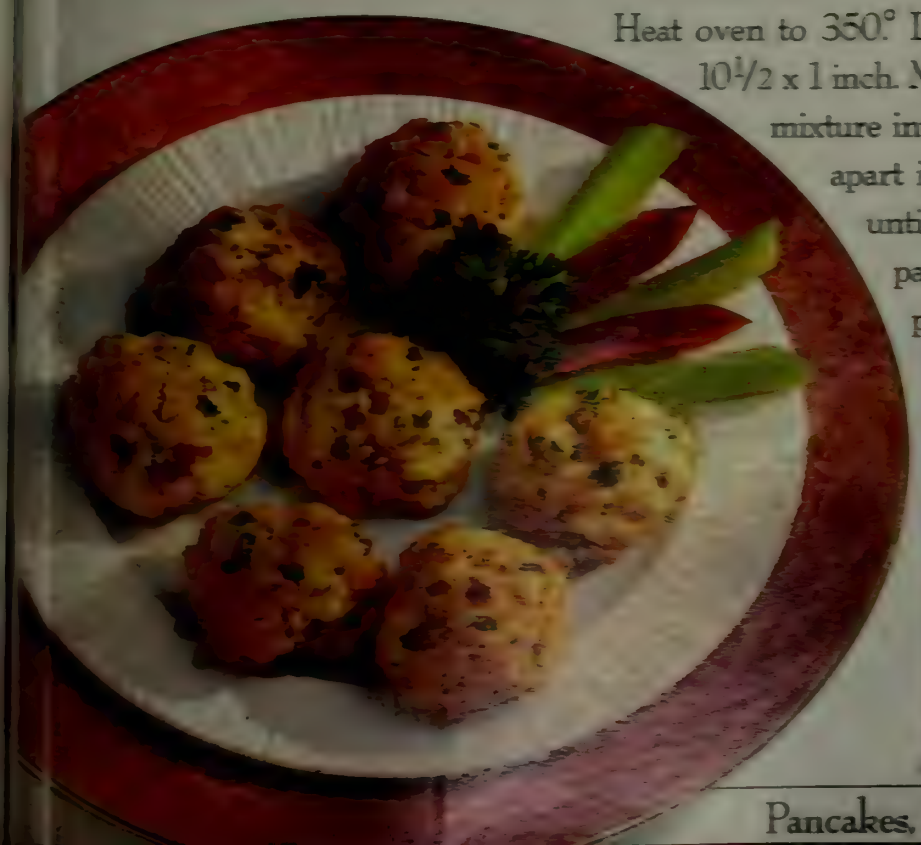


Holiday Ham Ball.

Holiday Ham Balls

3 cups Bisquick® Original or Reduced Fat baking mix
1 1/2 cups finely chopped fully cooked smoked ham
4 cups shredded Cheddar cheese (16 ounces)
1/2 cup grated Parmesan cheese
2 tablespoons parsley flakes
2 teaspoons prepared spicy mustard
2/3 cup milk

Heat oven to 350°. Lightly grease jelly roll pan, 15 1/2 x 10 1/2 x 1 inch. Mix all ingredients thoroughly. Shape mixture into 1-inch balls. Place about 2 inches apart in pan. Bake 20 to 25 minutes or until brown. Immediately remove from pan. Serve warm. About 7 dozen appetizers. (High Altitude: No changes necessary.) ® Reg. T.M. © 1993 General Mills, Inc.





Pancakes, Biscuits And A Whole Lot More.

Made in no time. Remembered for a long time.



This delicious One Bowl™ Holiday Fudge will really make a lasting impression when you make it with Baker's® Chocolate and Diamond® Walnuts.

Simply melt squares of real Baker's Chocolate in your microwave and you can do your melting and mixing in one bowl. Then add plenty of crunchy Diamond Walnuts for a truly memorable Holiday gift.

ONE BOWL™ HOLIDAY FUDGE

- 2 packages (8 squares each) BAKER'S® Semi-Sweet Chocolate
- 1 can (14 ounces) sweetened condensed milk
- 2 teaspoons vanilla
- 1 1/2 cups chopped DIAMOND® Walnuts

Makes 4 dozen.

MICROWAVE chocolate and milk in large microwavable bowl on HIGH 2 to 3 minutes, or until chocolate is almost melted, stirring halfway through heating time. Remove from microwave. *Stir until chocolate is completely melted.*

STIR in vanilla and walnuts. Spread in greased 8-inch square pan. Refrigerate until firm. Cut into squares.

To obtain high-quality results, be sure to use only Baker's® and Diamond® products.







Enter the Better Homes and Gardens®
Holiday Cookie Contest!

MORE THAN $10,000 IN PRIZES

Now that you've sampled our cookie recipes, let us sample yours. What incredible cookie recipe do you bake for Christmas, Hanukkah, or the New Year? Is creative cookie decorating your specialty this time of year? Share your original cookie recipes or cookie decorating ideas with us, and you could win up to $2,500. Plus, the food manufacturers listed *below, center,* will award $500 to the top recipe or decorating idea using their product.

It's easy to enter! Write down your best cookie recipe or cookie decorating ideas. Enclose a photo of the cookie if you'd like us to see it. Tell us why the recipe is special and something about its background. We're looking for original, festive ideas that families enjoy baking this time of year. Creativity counts especially in the decorating category. Simply fill in the entry blank and mail your entry so that it is postmarked by January 31, 1994. Top winning recipes will be featured in a 1994 issue of *Better Homes and Gardens®* magazine.

ALL ENTRIES MUST BE POSTMARKED BY JANUARY 31, 1994. Only one entry per envelope.



COOKIE RECIPE PRIZES

Grand Prize: $2,500

2nd Place: $1,000

3rd Place: $500

4th through 12th Place: $250

COOKIE DECORATING PRIZES

Grand Prize: $2,500

2nd Place: $1,000

3rd Place: $500

MORE CHANCES TO WIN!

The following companies will award $500 to the top recipe or decorating idea using their product:

Jelly Belly Jelly Beans

"M&M's" Semi-Sweet Chocolate Candies

Butter Flavor Crisco All-Vegetable Shortening

Baker's Joy No Stick Spray

Land O' Lakes Butter

CONTEST RULES

1. No purchase necessary.

2. Type each entry on a separate piece of paper and mail it with a completed entry form (or a copy of the entry form). Only one entry per envelope. Give all measurements in level cups, tablespoons, and teaspoons. Explain in 100 words or less why this is a favorite recipe or decorating idea.

3. If you use a cosponsor product in your recipe, include the brand name in your recipe. To be eligible for a cosponsor prize, check box on entry form. All recipes, including the 15 top prize winners, are eligible to win a cosponsor prize. Only one cosponsor prize will be awarded per entry.

4. Entries must be postmarked by January 31, 1994. No responsibility is assumed for lost, late, or misdirected entries.

5. Entrants must be residents of the U.S.A. Employees of Meredith Corporation, cosponsor companies, their agents, affiliates, subsidiaries, and families are not eligible.

6. Winners will be selected on or about April 1, 1994. Winners will be notified by mail and prizes delivered on or about June 1, 1994. Prizes are as described at center.

7. All winners will be required to sign an affidavit certifying that their entries are original and not previously published. All entries and materials submitted become the property of Meredith Corporation and will not be returned or acknowledged. All rights, title, and interest, including copyright rights, of winning recipes belong to Meredith Corporation. Meredith Corporation reserves the right to adjust and edit winning recipes. Entry constitutes permission to use winner's entry name, likeness, and hometown name for editorial or promotional purposes on behalf of Meredith Corporation.

8. All recipes and decorating ideas will be judged by Meredith Corporation based on taste, appearance, appeal, and creativity. Recipes will also be judged for holiday appropriateness. The decisions of the judges are final.

9. Subject to all federal, state, and local laws and regulations. Void where prohibited. Applicable taxes are the sole responsibility of the winners.

10. For a list of prize winners (available after June 1, 1994) send a separate, self-addressed, stamped envelope to: Holiday Cookie Contest, BH&G Food Dept., 1716 Locust Street, Des Moines, IA 50309-3023.

HOLIDAY COOKIE CONTEST

Enclosed is my entry for the following category:

- ❑ Cookies
- ❑ Decorated Cookies

Check here if your recipe uses one or more of the following cosponsor products:

- ❑ Jelly Belly Jelly Beans
- ❑ "M&M's" Semi-Sweet Chocolate Candies
- ❑ Butter Flavor Crisco All-Vegetable Shortening
- ❑ Baker's Joy No Stick Spray
- ❑ Land O' Lakes Butter

MAIL ENTRY TO:

BH&G® Holiday Cookie Contest
P.O. Box 9266
Des Moines, IA 50306-9266

Recipe Name _____

Your Name _____

Address _____

Phone Number _____

DECEMBER RECIPE INDEX

Delicious Memories Recipes

Baked Ham with Apple Stuffing....146
Butter Icing....152
Butterscotch Fudge....163
Calypso Pork....163
Caramel-Sweet-Potato Casserole....148
Chilled Cranberry Soup....149
Christmas Bread Tree and Wreath....166
Christmas Wreath Salad....146
Coffee Pecans....160
Cranberry Pumpkin Bread....150
Cranberry-Raisin Pie....140
Down-South Stuffing....150
Easy Apricot Foldovers....161
Lady Baltimore Cake....140
Lefse....154
Light Fruitcake....154
Mincemeat Bars....164
Mormor's Syltkakor (Grandmother's Jelly Cookies)..152
Noels....152
Orange Icing....170
Pastry for Lattice-Top Pie....140
Poinsettia Wreath....166
Seven-Minute Frosting....146
Sugar Plum Tree....170
Vanilla Glaze....150
Vanilla Icing....150
Vegetable Latkes....152
Vinarterta (Icelandic Christmas Cake)....149

Prize Tested Recipes®

Cheese-Stuffed Chicken in Phyllo....174
Festive Holiday Brioches....174
Holiday Prune Butter Bread....174
Pork with Cranberry Sauce....173

Delicious Memories

continued from page 136

CRANBERRY-RAISIN PIE

"We grew up on Maine's Little Cranberry Island, so it's no surprise that cranberries found their way into a lot of family recipes. This pie has been a favorite for four generations."
—Maureen Bryant Costello, South Portland, Maine

- ¼ cup margarine or butter
- 1 cup chopped cranberries
- 1 cup chopped raisins
- 1 cup sugar
- 3 Tbsp. all-purpose flour
- 1 tsp. vanilla
- 1 recipe Pastry for Lattice-Top Pie
- Coarse sugar

For filling, combine ½ cup *boiling water* and margarine; stir till melted. Stir in cranberries, raisins, sugar, flour, and vanilla. Set aside.

On a floured surface, flatten *one ball* of pastry dough. Roll from center to edges, forming a 12-inch circle. Transfer to a 9-inch pie plate. Ease into plate, without stretching. Trim to ½ inch beyond edge. Roll remaining dough into a 10-inch circle. Cut into ½-inch-wide strips.

Spread filling in pastry. Weave strips atop to make a lattice top. Press ends of strips into rim of crust. Fold bottom pastry over strips; seal and flute edge. Sprinkle with coarse sugar. Cover edge with foil. Bake in a 375° oven for 25 minutes. Remove foil; bake for 20 to 25 minutes more or till crust is golden. Cool on a wire rack. Makes 8 servings.

Pastry for Lattice-Top Pie: In a bowl stir together 2 cups all-purpose flour and ½ teaspoon salt. Cut in ⅔ cup shortening or lard till pieces are size of small peas. Sprinkle *1 tablespoon* of cold water over part of mixture; gently toss with a fork. Push to side of bowl. Repeat with 5 to 6 more tablespoons cold water till all is moistened. Divide dough in half. Form each half into a ball.

Nutrition facts per slice: 477 cal., 2 g total fat (5 g sat. fat), 204 mg sodium, 66 g carbo., 2 g fiber, 4 g pr Daily Value: 7% vit. A, 4% vit. C 1% calcium, 12% iron.

LADY BALTIMORE CAKE

"I first tasted this cake in Alabama on my very first job. Now that I live in Louisiana, I use locally grown pecans and figs in my filling."
—Sandra Day, Lafayette, La.

- 2½ cups all-purpose flour
- 2 cups sugar
- 1 tsp. baking powder
- 1 tsp. finely shredded orange peel
- ½ tsp. baking soda
- ⅛ tsp. salt
- 1⅓ cups buttermilk or sour milk
- ½ cup shortening, margarine, or butter, softened
- 1 tsp. vanilla
- 4 egg whites
- 1 cup raisins
- 8 dried figs, snipped (½ cup)
- ¼ cup brandy
- 1 cup toasted chopped pecans
- ⅓ cup finely chopped candied red or green cherries
- ⅓ cup finely chopped candied pineapple or mixed candied fruits and peels
- 1 recipe Seven-Minute Frosting (see recipe, page 146)

In a bowl stir together flour sugar, baking powder, orange peel baking soda, and salt. Add butter milk, shortening, and vanilla. Bea for 30 seconds, scraping sides o bowl. Beat for 2 minutes, scrapin bowl often. Add egg whites; beat fo 2 minutes more, scraping bowl.

Pour batter into 3 greased and floured 8x1½-inch round bakin pans; spread evenly. Bake in a 350 oven about 30 minutes or till toothpick inserted near cente comes out clean. Cool for 10 min utes. Loosen from sides; remov from pans. Cool on wire racks. (A this point, you may cover and freez the cake for up to 6 months.)

continued on page 14

KRAFT

You can make holiday magic!



Make cheesecake disappear.

PHILLY® 3-STEP FRUIT TOPPED CHEESECAKE

CREAM CHEESE

Prep time: 10 minutes Cooking time: 40 minutes

2 (8 oz) pkgs. PHILLY® Cream Cheese
or Light PHILLY® Neufchatel Cheese, softened
½ cup sugar
½ teaspoon vanilla
2 eggs
1 prepared graham cracker crumb crust (6 oz or 9-inch)
2 cups sliced assorted fresh fruit

1. MIX cream cheese, sugar and vanilla with electric mixer on medium speed until well blended. Add eggs; mix until blended.

2. POUR into crust.

3. BAKE at 350°F, 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Top with fruit. 8 to 10 servings.

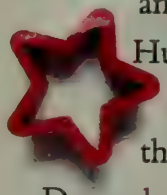
PHILADELPHIA CREAM CHEESE
KRAFT

Make a Gingerbread Man that wiggles and jiggles. Call 1-800-453-7575.



It's simple, call our toll-free number and our gingerbread man mold will arrive on your doorstep with three holiday JIGGLERS® cutters and four recipe ideas. Hurry and call before November 22nd so they can get there by December 21st. Just in time to warm your holiday season. Your JELL-O® gingerbread man mold is waiting for your call.







OFFER DETAILS:

- A $3.00 charge will be billed to your credit card. Only VISA® or MasterCard® will be accepted.
- Allow 3 weeks for delivery.
- Orders received by 11/22/93 will arrive by 12/21/93.
- Offer expires 12/31/93 or while supplies last.

JELL-O® BRAND

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Delicious Memories

continued from page 140

For filling, in a medium bowl combine raisins, figs, and brandy; let stand at room temperature about 2 hours or till brandy is absorbed, stirring occasionally. Stir in pecans, fruits, and about *one-third (1½ cups)* of the Seven-Minute Frosting.

To assemble, place one cake layer on a platter; spread *half* of the filling on top. Add another cake layer and the remaining filling. Top with the remaining cake layer. Frost with the remaining frosting. Serve within 2 hours. Makes 12 servings.

Nutrition facts per slice: 572 cal., 15 g total fat (2 g sat. fat), 1 mg chol., 212 mg sodium, 103 g carbo., 3 g fiber, 7 g pro. Daily Value: 9% vit. C, 6% calcium, 12% iron.

SEVEN-MINUTE FROSTING

Stir some of this glossy divinity-like frosting into the filling for Lady Baltimore Cake and save the rest for the top and sides. It can take a while to beat, so use a sturdy portable electric mixer or a freestanding mixer.

- 1½ cups sugar
- ⅓ cup cold water
- 2 egg whites
- ¼ tsp. cream of tartar or 2 tsp. light corn syrup
- 1 tsp. vanilla

In the top of a double boiler combine sugar, cold water, egg whites, and cream of tartar or corn syrup. Beat for 30 seconds or till mixed.

Place over boiling water (upper pan should not touch water). Cook, beating constantly with the electric mixer on high speed, about 7 minutes or till frosting forms stiff peaks. Remove from heat; add vanilla. Beat for 2 to 3 minutes more or till frosting is of spreading consistency.

CHRISTMAS WREATH SALAD

This festive fennel-pepper salad is so pretty, you can use it as your holiday table centerpiece.

- 2 large fennel bulbs
- 2 to 4 red sweet peppers
- 1 head Bibb or Boston lettuce, torn (5 cups)
- 1 bunch watercress (1 cup)
- ¼ cup olive oil
- 3 Tbsp. balsamic vinegar
- ½ tsp. fennel seed, crushed
- ¼ tsp. salt
- ⅛ tsp. pepper

Discard outer layers of fennel; slice fennel into thin strips, discarding core. Halve peppers lengthwise; remove seeds. Slice peppers into thin half rings.

To assemble, arrange lettuce and watercress on 6 plates. Arrange fennel and red pepper on greens.

For dressing, in a screw-top jar combine oil, vinegar, fennel seed, salt, and pepper. Cover and shake well to mix. Drizzle dressing over salad. Makes 6 side-dish servings.

Nutrition facts per serving: 122 cal., 9 g total fat (1 g sat. fat), 134 mg sodium, 10 g carbo., 1 g fiber, 2 g pro. Daily Value: 6% vit. A, 61% vit. C, 4% calcium, 3% iron.

BAKED HAM WITH APPLE STUFFING

"Our childhood memories dictate the menu for our own holiday celebration—there has to be stuffing. This fruity stuffing is a favorite, especially when served with a real country-style ham."
—Pat Ward, Pennsauken, N.J.

- 1 4- to 5-lb. ham, shank half
- 10 cups whole-grain bread, cut into ½-inch cubes (about 13 slices)
- 1½ cups chopped onion
- 1½ cups chopped celery (3 stalks)
- ⅓ cup margarine or butter
- 3 cups coarsely shredded apple (about 3 medium)
- ½ cup dried cherries, dried cranberries, or raisins
- ¼ cup snipped parsley
- 1 tsp. ground cinnamon
- 1 to 1¼ cups chicken broth or low-sodium chicken broth

Apple slices (optional)

continued on page 148



'Tis the season to be Jell-O.®

Brand Gelatin

Spiced Cranberry-Orange Mold

1 pkg. (8-serving size) or 2 pkgs. (4-serving size) JELL-O® Brand Raspberry Flavor Gelatin
1½ cups boiling water
1 can (16 oz.) whole berry cranberry sauce
1 cup cold water
1 tablespoon lemon juice
¼ teaspoon ground cinnamon
⅛ teaspoon ground cloves
1 orange, sectioned, diced
½ cup chopped walnuts

Dissolve gelatin completely in boiling water in large bowl.
Stir in cranberry sauce, cold water, lemon juice, cinnamon and cloves.
Refrigerate about 1½ hours or until thickened (spoon drawn through leaves a definite impression).
Stir in orange and walnuts. Spoon into 5-cup ring mold.
Refrigerate 4 hours or until firm. Unmold. Garnish as desired.
Makes about 5 cups or 10 servings.

* To prepare with **JELL-O® Brand Sugar Free Gelatin:** Prepare as directed above, using 1 package (8-serving size) or 2 packages (4-serving size) Raspberry Flavor Sugar Free Gelatin and omitting walnuts.

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Cream Pie

VS.



Dream Pie

So light. So fluffy.
So Dream Pie.

2 envelopes DREAM WHIP® Whipped Topping Mix

2¾ cups cold milk

1 teaspoon vanilla

2 packages (4-serving size) JELL-O® Chocolate Flavor Instant Pudding & Pie Filling

1 baked 9-inch pie shell, cooled.

COMBINE whipped topping mix with 1 cup milk and vanilla in large mixer bowl. Beat on HIGH with electric mixer about 6 minutes or until topping thickens and forms peaks.

ADD remaining milk and pie filling mix; blend on LOW. Beat on HIGH for 2 minutes, scraping bowl occasionally.

SPOON into pie shell. Refrigerate at least 4 hours. Refrigerate any leftover pie. Makes 8 servings.



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Delicious Memories

continued from page 149

For each cake layer, pat *one portion* of dough into a thin, even layer, covering the bottom of a prepared pan. Bake in a 350° oven for 12 to 15 minutes or till edges are light brown. Invert onto a wire rack; remove waxed paper. Grease and line pans with more waxed paper before baking remaining dough.

To assemble, place *one* cake layer on a serving platter; spread about *⅔ cup* filling from center to edges. Top with a second cake layer and *⅔ cup* more filling. Repeat with remaining cake layers and filling, ending with a plain cake layer on top. Spread Vanilla Glaze on the top of the cake, allowing some glaze to drizzle over sides. If desired, arrange red and green candied cherry halves around the top in the shape of a wreath. Cover and chill for 24 hours. Bring to room temperature before serving. To serve, cut into 3x1-inch slices. Makes 30 servings.

Vanilla Glaze: In a small bowl stir together 2 cups sifted powdered sugar and 1 teaspoon vanilla. Stir in enough milk (2 to 3 tablespoons) to make an icing of drizzling consistency. Makes about 1 cup.

Nutrition facts per serving: 319 cal., 7 g total fat (2 g sat. fat), 16 mg chol., 117 mg sodium, 63 g carbo., 3 g fiber, 4 g pro. Daily Value: 13% vit. A, 2% calcium, 12% iron.

CRANBERRY PUMPKIN BREAD

"At our annual New Year's Day potluck, Mom's pumpkin bread and cranberry nut bread were always on the help-yourself table. I combined the two flavors for my own Christmas bread."
—Lisa Blais, Rumford, R.I.

- 4 cups all-purpose flour
- 2 Tbsp. baking powder
- 2 tsp. ground cinnamon
- ½ tsp. baking soda
- ½ tsp. ground nutmeg
- ¼ tsp. ground ginger
- 2 cups sugar
- 2 cups canned pumpkin
- 1 cup frozen egg product, thawed (equivalent to 4 large eggs)
- ½ cup cooking oil
- 2 cups coarsely chopped cranberries
- ½ cup chopped toasted almonds
- 1 recipe Vanilla Icing (optional)

Grease two 9x5x3-inch loaf pans; set aside. In a medium bowl stir together flour, baking powder, cinnamon, baking soda, nutmeg, and ginger; set aside. In a large bowl combine sugar, pumpkin, egg product, and oil. Add flour mixture to pumpkin mixture; stir just till moistened. Fold in berries and almonds.

Pour batter into the prepared pans. Bake in a 350° oven for 60 to 65 minutes or till a wooden toothpick inserted near the centers comes out clean.

Cool for 10 minutes. Remove from pans; cool. Wrap and store overnight. If desired, before serving, drizzle with Vanilla Icing. Makes 2 loaves (36 servings total).

Vanilla Icing: In a small bowl stir together ½ cup sifted powdered sugar and ½ teaspoon vanilla. Stir in enough milk (1 to 2 teaspoons) to make an icing of drizzling consistency. Makes about 1 cup.

Nutrition facts per slice: 148 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 29 mg sodium, 24 g carbo., 1 g fiber, 3 g pro. Daily Value: 30% vit. A, 2% vit. C, 1% calcium, 6% iron.

DOWN-SOUTH STUFFING

"Growing up in a military family meant moving around a lot. Luckily for us, Mom embraced the people and food of each new place, making it easier for us all to adjust. It was her Southern stuffing that helped to cure our not-so-well-hidden homesickness on our first Thanksgiving in the Philippines. Once Dad carved the bird, we didn't put down our forks until our plates were empty—a second time."
—Janis Vandervort, Portland, Ore

continued on page 15.



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Sensational Double Layer Pumpkin Pie

4 ounces cream cheese, softened*
1 tablespoon milk or half-and-half
1 tablespoon sugar
1 ½ cups thawed COOL WHIP® Whipped Topping
1 KEEBLER® READY-CRUST® Graham Cracker Pie Crust (6 oz.)
1 cup milk or half-and-half
2 packages (4-serving size) JELL-O® Vanilla Flavor Instant Pudding & Pie Filling
1 can (16 oz.) pumpkin
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground cloves

*HELPFUL HINT: Soften cream cheese in microwave on HIGH 15 to 20 seconds.

• MIX cream cheese, milk and sugar in large bowl with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust.

• POUR 1 cup milk into bowl. Add pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. (Mixture will be thick.)

• STIR in pumpkin and spices with wire whisk; mix well. Spread over cream cheese layer. Refrigerate at least 3 hours. Garnish with additional whipped topping and nuts if desired. Makes 8 servings.

For recipe information using JELL-O® Cook & Serve or Sugar Free JELL-O® Instant Pudding & Pie Filling, call 1-800-729-4545.

Make Your Pumpkin Pie Double Delicious.

Delicious Memories

continued from page 150

¾ lb. bulk pork sausage
¾ cup finely chopped onion
½ cup chopped green pepper
½ cup chopped celery (1 stalk)
½ cup margarine or butter
2 eggs
1 tsp. poultry seasoning
⅛ tsp. pepper
5 cups dry white bread cubes (7 slices)
5 cups crumbled corn bread*
¼ cup toasted chopped pecans
1 to 1½ cups chicken broth

In a large skillet cook sausage till brown. Drain, reserving *2 tablespoons* of the drippings. Set aside.

In same skillet cook onion, green pepper, and celery in hot margarine or butter till tender but not brown.

In a large bowl use a fork to beat eggs; stir in poultry seasoning and pepper. Add bread cubes and corn bread; toss till coated. Add sausage, reserved drippings, vegetables, and pecans. Add enough broth to moisten (¾ to 1 cup), tossing to mix.

Use to stuff one 6- to 9-pound capon** or other bird. Place any remaining stuffing in a casserole; drizzle with enough of the remaining chicken broth (¼ to ½ cup) to make a stuffing of desired moistness. Bake, covered, in a 325° oven for 40 to 45 minutes or till hot. Makes 10 to 12 side-dish servings.

**Note:* For the corn bread, you can make your favorite recipe or use a packaged mix. For 5 cups, you'll need two 8½-ounce packages of mix.

***Note:* Smaller than a turkey, but bigger than a chicken, roasted capon is the perfect alternative for smaller holiday gatherings. These young male chickens generally weigh between 6 and 9 pounds.

Nutrition facts per serving of stuffing only: 352 cal., 24 g total fat (8 g sat. fat), 56 mg chol., 857 mg sodium, 28 g carbo., 1 g fiber, 9 g pro. Daily Value: 13% vit. A, 8% vit. C, 3% calcium, 10% iron.

VEGETABLE LATKES

2 medium zucchini (6 oz.) or 4 medium carrots, thinly sliced
1 egg
3 Tbsp. dry curd cottage cheese
3 Tbsp. Matzo meal
¼ tsp. salt
⅛ tsp. pepper
Cooking oil
Dairy sour cream (optional)

Place zucchini or carrots in a steamer basket; cover and steam over boiling water till very tender, allowing about 8 minutes for zucchini and 15 minutes for carrots. Drain; mash with a potato masher.

In a medium bowl beat egg; stir in zucchini or carrot, cottage cheese, Matzo meal, salt, and pepper.

Heat a lightly oiled skillet or griddle over medium heat. Add the vegetable mixture, a rounded tablespoon at a time, spreading each patty to a 2½-inch circle. Cook about 4 minutes or till golden, turning once. If desired, serve with sour cream. Makes 10 latkes (5 side-dish servings).

Nutrition facts per serving: 93 cal., 7 g total fat (1 g sat. fat), 43 mg chol., 129 mg sodium, 6 g carbo., 1 g fiber, 3 g pro. Daily Value: 3% vit. A, 2% vit. C, 1% calcium, 3% iron.

NOELS

"Every year when I travel home for Christmas, this date cookie is one of the things I can't wait to taste the moment I walk in the door."
—Marlene Brown, Studio City, Calif.

1¼ cups all-purpose flour
½ tsp. baking soda
¼ tsp. baking powder
⅛ tsp. salt
½ cup butter
⅔ cup packed brown sugar
1 egg
1 tsp. vanilla
½ cup dairy sour cream
1 8-oz. pkg. pitted whole dates, snipped (2 cups)
½ cup broken walnuts
1 recipe Butter Icing

In a small bowl stir together flour, baking soda, baking powder, and salt; set aside. In a medium bowl beat butter with an electric mixer on medium speed for 30 seconds. Gradually add brown sugar, beating on medium speed till fluffy. Add egg and vanilla; beat till combined.

Alternately add flour mixture and sour cream to egg mixture, beating on low speed just till combined. Stir in dates and walnuts. Drop by well rounded teaspoons 2 inches apart onto an ungreased cookie sheet. Bake in a 400° oven for 8 to 10 minutes or till light brown. Cool on wire rack. When cool, drizzle with Butter Icing. Makes 36 cookies.

Butter Icing: In a small bowl stir together 1 cup sifted powdered sugar, 2 tablespoons melted butter, and 1 teaspoon vanilla. Stir in enough milk (2 to 3 teaspoons) to make of drizzling consistency.

Nutrition facts per cookie: 108 cal., 6 g total fat (2 g sat. fat), 14 mg chol., 60 mg sodium, 17 g carbo., 1 g fiber, 1 g pro. Daily Value: 3% vit. A, 0% vit. C, 1% calcium, 3% iron.

MORMOR'S SYLTKAKOR (GRANDMOTHER'S JELLY COOKIES)

"These filled cookies come from the December 1968 issue of Better Homes and Gardens® *magazine. That year, my mother, sister, and I rolled up our sleeves and proceeded to make a dozen different cookies from around the world, starting a tradition that continues today. Our favorite is Swedish Mormor's Syltkakor (MOR morz soolt KAH kor). Even when we cannot get together, my mother will bake by herself, then carefully pack and express-mail a tin of these delicious memory makers to us both."*
—Victoria Keenum, Roanoke, Va.

1 cup butter, softened
¼ cup sugar
1 egg
3 cups all-purpose flour
1 slightly beaten egg white
½ cup finely chopped almonds

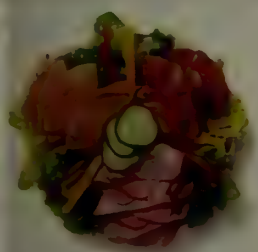
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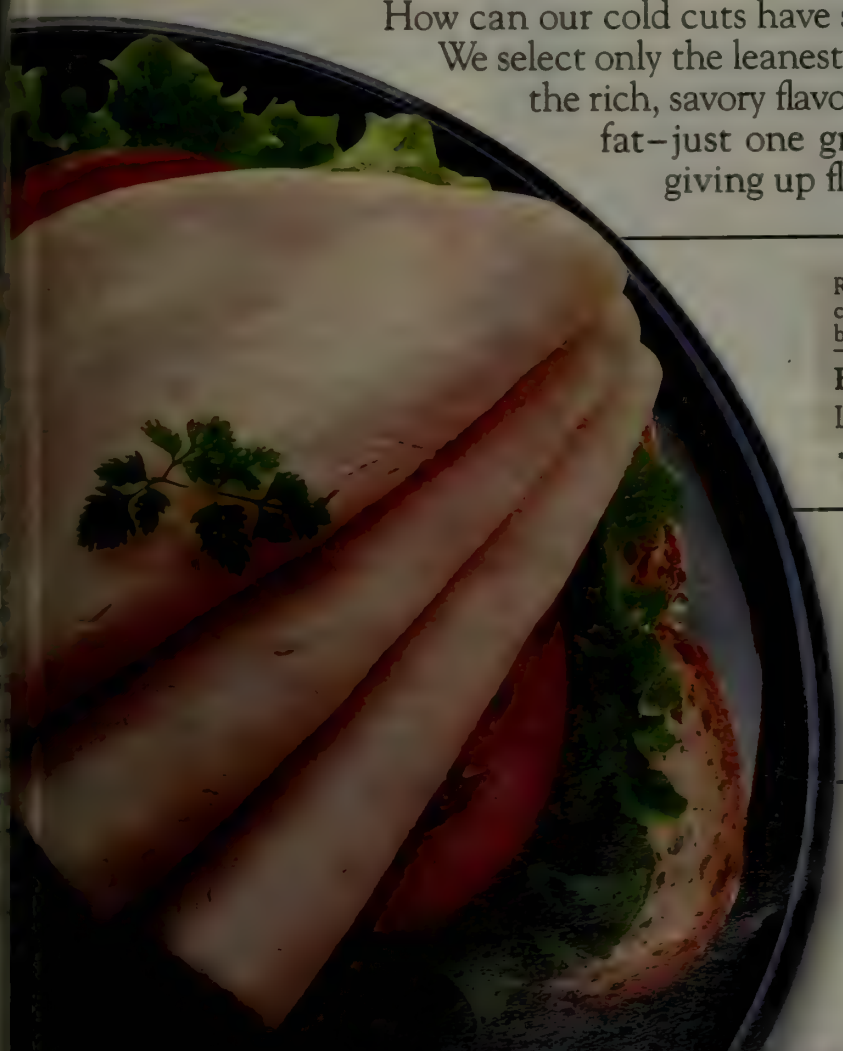






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Regular & light cold cuts line average based on 2 oz. serving	Fat (% Calories)	Cholesterol (mg)	Sodium (mg)
Healthy Choice™	23%	27	537
Leading Brand*	50%	36	683

*Based on manufacturer supplied data for regular and light products.



Be sure to look for new Healthy Choice™ Deli Thin Variety Packs.

HEALTHY CHOICE. NEVER SETTLE FOR LESS.™

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Delicious Memories

continued from page 152

- 1 Tbsp. pearl sugar or granulated sugar
- ¼ to ½ cup currant jelly

In a large bowl combine butter and ¾ cup sugar; beat on medium speed till fluffy. Add egg; beat well. Add flour to butter mixture; beat till combined. (If necessary, use a wooden spoon to stir in flour.)

Divide dough in half. On a lightly floured surface, roll *one portion* to ⅛-inch thickness. Using a star- or round-shaped cookie cutter, cut into 2½-inch stars or circles. Roll out second portion to ⅛-inch thickness; cut with a 2-inch star- or round-shaped cookie cutter. Using a ¾- or 1-inch cutter, cut a circle from center of smaller rounds. Reroll dough trimmings.

Brush tops of 2-inch shapes with egg white; sprinkle with almonds and/or the 1 tablespoon pearl sugar or granulated sugar. Arrange shapes on lightly greased cookie sheets; bake in a 375° oven for 7 to 9 minutes or till light brown on bottoms.

Transfer to wire racks; cool. Place a small amount of jelly in centers of 2½-inch cookies; top with 2-inch cookies, sugar and/or nut side up, and press together, showing jelly in center. Makes 3 to 3½ dozen.

Nutrition facts per cookie: 112 cal., 6 g total fat (3 g sat. fat), 20 mg chol., 56 mg sodium, 13 g carbo., 0 g fiber, 2 g pro. Daily Value: 5% vit. A, 0% vit. C, 0% calcium, 3% iron.

LIGHT FRUITCAKE

"I loved my mother's fruitcake so much that she baked a large one for my wedding, and had the local bakery decorate it with [illegible]. Even though I make it at holiday time, I still think of it as a wedding cake."
—Beatrice Sibol, Seattle, Wash.

- 9 eggs
- 2 cups margarine or butter
- 3 cups light raisins (1 lb.)
- 2 cups diced candied green citron
- 2 cups candied red cherries
- 4 cups all-purpose flour
- 1 tsp. baking powder
- 2¼ cups sugar
- 2 tsp. finely shredded lemon peel
- ¼ cup lemon juice
- Brandy or fruit juice

Bring eggs and margarine or butter to room temperature. Grease and lightly flour three 8x4x2-inch or five 7x3x2-inch loaf pans; set aside.

In a large bowl combine raisins, citron, and cherries; add *2 cups* of the flour. Toss gently to coat fruit; set aside.

In a small mixing bowl stir together remaining 2 cups flour and baking powder; set aside.



For dessert, fill versatile Lefse with whipped cream and preserves. Or, serve brandy-soaked Light Fruitcake.

In an extra-large bowl beat margarine or butter with a freestanding electric mixer on medium speed for 30 seconds. (Portable mixers are not recommended.) Gradually add sugar, beating on medium to high speed about 6 minutes or till very light and fluffy. Add lemon peel and juice. Add eggs, one at a time, beating well after each, scraping sides of bowl often. Gradually add flour mixture to butter mixture, beating on low to medium speed just till combined. Stir in fruit mixture.

Divide batter evenly among prepared pans. Bake in a 325° oven till done, allowing 70 minutes for the 8x4x2-inch pans and 55 minutes for the 7x3x2-inch pans.

Cool cakes in pans on a wire ra for 10 minutes. Remove from pa Cool thoroughly on the wire rack.

To moisten and store, wrap cak in brandy- or fruit-juice-moisten 100% cotton cheesecloth. Wr with foil. Store in the refrigerat for 2 to 8 weeks. Remoisten chees cloth about once a week, or as nee ed. Makes 3 medium loaves or small loaves (24 servings).

Nutrition facts per serving: 449 ca 18 g total fat (10 g sat. fat), 121 m chol., 184 mg sodium, 71 g carbo., g fiber, 5 g pro. Daily Value: 17 vit. A, 2% vit. C, 2% calcium, a 10% iron.

LEFSE

"With the flour flying, my parent and I prepared for the holidays by pili up Norwegian lefse rounds to the tun of Bing Crosby's 'Silver Bells.' My father was of German extraction, bu he could flip lefse with the best of them
—Margaret A. Haapoja, Bovey, Minn.

- 1¼ lb. russet potatoes
- 2 cups all-purpose flour
- ½ cup margarine or butter, softened
- ¼ cup whipping cream or half-and-half
- 1 tsp. salt
- ½ cup margarine or butter, softened (optional)
- Sugar (optional)
- Ground cinnamon (optional)

Peel and cut up potatoes. In large saucepan cook, covered, lightly salted boiling water for 20 25 minutes or till tender; drai Squeeze potatoes through a pota ricer or mash with a potato mash in a large mixing bowl. (You shou have 4 cups mashed potatoes Cover and chill.

Add flour, the ½ cup margarine butter, whipping cream, and salt chilled potatoes. Beat with an ele tric mixer on medium speed ti mixture is combined. Divide doug into 16 portions.

continued on page 16

FAT FREE. FLAVOR FULL.



Try delicious Healthy Choice® Fat Free Cheese instead of regular cheese in your favorite recipes. Lose the fat without losing the rich, creamy taste.

Healthy Choice® Crab Dip

½ cup nonfat yogurt or sour cream
2 Tbsp. fat free mayonnaise
1 8-oz. package Healthy Choice Fat Free Cream Cheese, softened
1 tsp. prepared horseradish
½ tsp. dry mustard
½ tsp. worcestershire sauce
¼ tsp. hot pepper sauce
1 cup (4 oz.) Healthy Choice Fat Free Shredded Cheddar Cheese
½ lb. imitation crab, flaked
paprika

Combine yogurt, mayonnaise, cream cheese and seasonings. Mix well. Then, stir in cheddar cheese and crab. Cover and chill 2 hours. Sprinkle with paprika. Serve with crackers, breadsticks or vegetables. Approximately 20 servings.

1 Tbsp. Serving = 44 Calories/ 9g Protein/ 2g Carbohydrates/ < 1g Fat/ 10mg Cholesterol/ 194mg Sodium

	Fat	% Calories from fat	Cholesterol
Healthy Choice® Crab Dip	< 1g	3%	10mg
Regular Crab Dip	10g	77%	38mg

Based on 3 tablespoon servings.



Look for our wide variety of natural, process and cream cheeses.

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OK...SO IT HAS 12 SPEEDS, AUTO BOWL ROTATION, HEAVY-DUTY DOUGH HOOKS AND A NO-MESS BEATER REMOVER...I JUST WANNA LICK THE BOWL.

We could talk all day about what goes into making a Sunbeam Mixmaster® mixer, but the proof, as they say, is in the pudding. And, the way we figure it, that's how it should be. After all, people have been trusting Sunbeam Mixmaster mixers for generations. Which means, in the life of an average family, we're talking a few hundred birthdays, holidays, anniversaries, graduations and about 1,000 batches of cookies...Do you know how much dough that is? When it comes to your family, don't settle for just any stand mixer. Get the Sunbeam Mixmaster mixer. And don't forget to let someone lick the bowl. For more information on the Sunbeam Retailer nearest you call 1-800-288-2664.

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A frosty delight with ripe berries.

COFFEE PECANS

"The timeworn recipe for these candylike nuts has moved with our family all over the Deep South, tucked safely in the bottom drawer of an antique pine chest. From January to November it lies there, patiently waiting for that exciting December day when I pull it out for another round of holiday baking."

—Edna Bates Burger, Columbus, Ga.

- 3 cups pecan halves
- ¼ cup packed brown sugar
- ⅓ cup granulated sugar
- ⅓ cup dairy sour cream (not low-fat sour cream)
- 1 Tbsp. instant coffee crystals
- 1 tsp. vanilla

Place pecans in a shallow baking pan. Bake in a 350° oven for 5 to 10 minutes or till toasted, stirring occasionally. Transfer pecans to a large, heat-proof bowl. Keep warm.

Line a large shallow baking pan with aluminum foil; grease foil with margarine or butter. Set aside.

Butter sides of a heavy 1-quart saucepan. In the pan combine brown sugar, granulated sugar, sour cream, and coffee crystals. Cook and stir over medium heat to boiling. Carefully clip a candy thermometer to the

Delicious Memories

continued from page 154

On a lightly floured pastry cloth, use a lefse rolling pin (with a textured surface) or regular rolling pin (covered with a rolling pin cover) to roll 1 portion of dough into a 9- or 10-inch circle. Place a lefse griddle or regular griddle over medium heat. Carefully transfer lefse to griddle. Cook for 1 to 2 minutes on each side, turning when golden brown spots appear. Transfer to a wire rack to cool. Repeat with remaining dough to make 16 lefse total. Freeze lefse or serve immediately.

To freeze, layer waxed paper between lefse. Wrap in freezer wrap or place in a freezer container. Cover and freeze for up to 3 months. To thaw, let stand at room temperature about 30 minutes.

To serve, if desired, spread lefse with ½ cup softened margarine or butter; sprinkle with sugar and cinnamon. Roll or [illegible] pieces. Makes about 64 pieces.

Nutrition [illegible] fat, 21 mg [illegible] fiber, 2 g pro [illegible] calcium, 5% iron





side of the saucepan. Cook and stir over medium heat till the mixture reaches soft-ball stage (236° to 240°). (This should take about 8 minutes from the point the mixture starts to bubble.)

Remove from heat. Remove the thermometer. Working quickly, stir in vanilla. Pour over warm pecans in bowl. Gently stir till nuts are coated.

Pour mixture onto the foil-lined pan. With 2 forks, separate nuts. Cool till set. Break up nuts as desired. Remove from pan. Cover and store in the refrigerator for up to 1 week. Makes 4 cups.

Nutrition facts per piece: 60 cal., 5 g total fat (1 g sat. fat), 1 mg chol., 1 mg sodium, 5 g carbo., 0 g fiber, 1 g pro. Daily Value: 0% vit. A, 0% vit. C, 0% calcium, and 1% iron.

EASY APRICOT FOLDOVERS

"Just as wines and friendships change with age, so too do recipes. Since 1966, when I started making these pastries, the recipe has undergone a lot of changes. One thing I will never change though is making the dough from piecrust mix. It's just too easy."

—Edna Bates Burger, Columbus, Ga.

1 pkg. piecrust mix (for 2-crust pie)
1 3-oz. pkg. cream cheese, softened
2 Tbsp. granulated sugar
2 Tbsp. milk
1 tsp. lemon extract
⅓ cup apricot, grape, or raspberry preserves
32 pecan halves
Powdered sugar

In a medium bowl combine piecrust mix, cream cheese, sugar, milk, and lemon extract. Stir with a fork till mixture forms a ball. Divide the dough in half.

On a lightly floured surface, roll each portion into a 10-inch square. With a pastry wheel or knife, cut each large square into sixteen 2½-inch squares. Spoon *½ teaspoon* preserves in the center of *each* square. Place a pecan half on top of preserves on each. Moisten two opposite corners with water; bring corners up over filling. Pinch corners tightly together to seal.

Arrange filled squares on a cookie sheet. Bake in a 350° oven for 10 to 12 minutes or till golden. Transfer immediately to a wire rack to cool. Sift powdered sugar over tops. Makes 32 cookies.

Nutrition facts per cookie: 86 cal., 5 g total fat (1 g sat. fat), 3 mg chol., 90 mg sodium, 9 g carbo., 0 g fiber, 1 g pro. Daily Value: 1% vit. A, 0% vit. C, 0% calcium, and 2% iron.

continued on page 163



Now, Soup Starter has even more delicio homemade flavor.

Mmm. Get ready for bigger, better ta ing vegetables. More carrots, green beans, potatoes, celery and peas for even heartier homemade flavor. Ju add meat, water and let it simmer. One taste will tell you this is how homemade soup was meant to be.



BORDEN®
IF IT'S BORDEN-IT'S GOT TO BE GOOD

More vegetables. More flavo (What a mouthful.)



Delicious Memories

continued from page 161

BUTTERSCOTCH FUDGE

"Upon discovering my son's allergy to chocolate, I had to modify my family's traditional fudge to butterscotch. Now, even the chocolate-lovers in my family prefer my butterscotch version. How do I know? I overheard my husband tell a guest, 'This is the best—better than chocolate any day!' "
—Christina Osborne, Houston, Texas

Nonstick spray coating
2 cups sugar
2 5-oz. cans evaporated milk (1¼ cups)
½ cup margarine or butter
2 12-oz. pkg. butterscotch pieces
1 13-oz. jar marshmallow creme
1 tsp. vanilla
1½ cups toasted chopped pecans
½ cup butterscotch-flavored pieces (optional)

Line a 13x9x2-inch baking pan with aluminum foil. Spray with nonstick coating; set aside.

Spray the sides of a 3-quart heavy saucepan. In the saucepan combine sugar, milk, and margarine or butter. Cook and stir over medium heat to boiling. Carefully clip a candy thermometer to side of pan. Cook and stir constantly over medium heat to 234°, soft-ball stage (about 15 minutes), scraping the bottom of the pan as you stir.

Remove the pan from heat; remove thermometer. Add the 2 packages of butterscotch pieces, marshmallow creme, and vanilla; stir till melted. Stir in *1 cup* of the pecans. Pour into the prepared baking pan, spreading evenly.

If desired, while fudge is still warm, sprinkle with remaining nuts and butterscotch pieces; press gently into top. Cool in the pan. Cover and chill in the refrigerator till firm. Remove fudge and foil from pan. Cut into 1-inch squares. Store in the refrigerator for up to 1 week. Makes 4½ pounds (117 pieces).

Nutrition facts per piece: 73 cal., 4 g total fat (2 g sat. fat), 1 mg chol., 19 mg sodium, 10 g carbo., 0 g fiber, 0 g pro. Daily Value: 1% vit. A.

CALYPSO PORK

"Every year, we gather for a delicious potluck dinner based on a different region or country. The hosts pick the cuisine, then everyone pitches in with a recipe. For our Caribbean dinner, the main dish was our version of the traditional Jamaican 'jerk' pork. Although it is usually cooked in a pit or barbecue, we roasted ours in the oven."
—Mable Hoffman, San Diego, Calif.

1½ cups unsweetened pineapple juice
1 pineapple, cored, sliced, and cut into wedges
1 large mango, seeded, peeled, and sliced lengthwise
1 large papaya, peeled, halved, seeded, and sliced lengthwise
2 limes, cut into thin wedges
2 cups watermelon balls
3 kiwi fruit, sliced
1 cup red raspberries
Hot cooked rice
14 to 16 ti leaves (optional)
Cracked peppercorns (optional)
Fresh cilantro (optional)



Celebrate an island Christmas with Calypso Pork and juicy slices of tropical fruits.

3 green onions, sliced
1 fresh jalapeño or chili pepper*, rinsed, seeded, and chopped
1 Tbsp. soy sauce
2 tsp. grated gingerroot
2 tsp. cooking oil
½ tsp. salt
½ tsp. ground allspice
¼ tsp. ground cinnamon
¼ tsp. ground nutmeg
1 5- to 6-lb. boneless pork double loin roast, rolled and tied
2 Tbsp. cornstarch

In a blender container or food processor bowl, combine green onions, jalapeño or chili pepper, soy sauce, gingerroot, cooking oil, salt, allspice, cinnamon, and nutmeg. Cover and blend or process till smooth. Pat mixture onto all sides of roast. Cover and refrigerate about 8 hours or overnight.

Place meat on a rack in a shallow roasting pan. Insert a meat thermometer. Roast, uncovered, in a 325° oven for 2½ to 3½ hours or till

continued on page 164



(Butter Recipe)

The TOLL HOUSE® Cookie Was Hard To Beat,



(Crisco Recipe)

Until Now.

Celebrate the holidays with delicious cookies that bake up higher and stay moister than Toll House cookies made with butter – Crisco's Ultimate Chocolate Chip Cookies. With cookies like this, it's no wonder that cooks who know trust Crisco®.

The Ultimate Chocolate Chip Cookie

- ¾ cup Butter Flavor* Crisco
- 1¼ cups firmly packed light brown sugar
- 2 Tbsps. milk
- 1 Tbsp. vanilla
- 1 egg
- 1¾ cups all-purpose flour
- 1 tsp. salt
- ¾ tsp. baking soda
- 1 cup semi-sweet chocolate chips
- 1 cup large pecan pieces (optional)**

1. Heat oven to 375° F.
2. Combine Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl.
3. Beat at med. speed of elec. mixer until creamy.
4. Beat egg into creamed mixture.
5. Combine flour, salt, baking soda and mix into creamed mixture until just blended.
6. Stir in chocolate chips and pecan pieces.
7. Drop rounded tablespoonfuls (about 2 measuring tablespoons) of dough 3 inches apart onto ungreased baking sheet.
8. Bake at 375° F for 8 to 10 minutes for chewy cookies (cookies will appear moist - DO NOT OVERBAKE), or 11 to 13 minutes for crisp cookies.
9. Cool on baking sheet 2 minutes. Remove to wire rack to cool completely.

**Note: If nuts are omitted use 2 cups of Nestlé Toll House Semi-Sweet Chocolate Morsels.

Cooks Who Know Trust Crisco



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Delicious Memories

continued from page 163

meat thermometer registers 160°. Remove roast from pan, reserving drippings. Cover meat loosely with foil; let stand for 10 minutes.

Meanwhile, for sauce, place *¼ cup* of the drippings in a medium saucepan. Stir in cornstarch. Add pineapple juice all at once. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more.

To serve, carve meat into slices; arrange on a serving platter with fruit. Serve with rice and sauce. If desired, serve on dinner plates lined with ti leaves; top each serving with cracked peppercorns and fresh cilantro. Makes 14 to 16 servings.

**Note:* Because hot peppers contain volatile oils that can burn skin and eyes, avoid direct contact with the pepper as much as possible. Wear plastic or rubber gloves or work under cold running water. If your bare hands touch the peppers, wash your hands and nails well with soap and water.

Nutrition facts per serving: 436 cal., 13 g total fat (4 g sat. fat), 77 mg chol., 207 mg sodium, 51 g carbo., 3 g fiber, 28 g pro. Daily Value: 8% vit. A, 99% vit. C, 4% calcium, and 17% iron.

MINCEMEAT BARS

"As country children, my sister and I looked forward every year to inviting our classmates to a holiday ice-skating party. After the fun of ice-skating, we would return home for Mom's delicious Mincemeat Bars!"
—Jessie F. Hulbert, Jackson, Miss.

- ¼ cup water
- 1 9-oz. pkg. condensed mincemeat
- ¼ cup shortening
- ½ cup granulated sugar
- ⅓ cup molasses
- 1¼ cups all-purpose flour
- 1½ cups rolled oats
- Powdered sugar (optional)

continued on page 166



(Butter Recipe)



(Crisco Recipe)

Crisco Wishes You A Softer, Chewier Holiday Season.

Crisco's irresistibly delicious Ultimate Sugar Cookie bakes up softer and chewier than this popular sugar cookie* made with butter. So your snowmen won't fall apart as you add the finishing touches. And Crisco® is all-vegetable shortening, with only 50% of the saturated fat of butter. So go make a snowman–and make your holidays the happiest yet.

Saturated Fat Comparison
Crisco 12g. total fat per tablespoon.

The Ultimate Sugar Cookie

Cookies

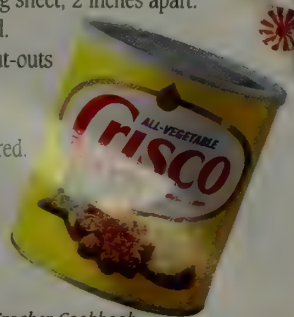
1¼ cups sugar
1 cup Butter Flavor† Crisco
2 eggs
¼ cup light corn syrup or regular pancake syrup
1 tbsp. vanilla
3 cups all-purpose flour
¾ tsp. baking powder
½ tsp. baking soda
½ tsp. salt

Decorations (your choice) colored sugar crystals, frosting, decors, candies, chips, raisins, coconut, decorating gel

1. Heat oven to 375°F.
2. Combine sugar and Butter Flavor Crisco in large bowl. Beat at medium speed of electric mixer until well blended. Add eggs, syrup and vanilla. Beat well.
3. Combine 3 cups flour, baking powder, baking soda and salt. Add gradually to creamed mixture at low speed. Mix until well blended. Divide dough into quarters. *Tip:* If dough is too sticky/soft to roll, wrap each quarter of dough with plastic wrap. Refrigerate 1 hour. Keep refrigerated until ready to roll.
4. Spread 1 tablespoon of flour on large sheet of waxed paper.
5. Place a quarter of dough on floured paper. Flatten dough slightly, turn over, and cover with another sheet of waxed paper. Roll dough to 1/4-inch thickness. Cut out with floured cutter. Transfer to ungreased baking sheet, 2 inches apart. Sprinkle with decors, or leave plain to frost when cooled.
6. Bake at 375°F for 5-9 minutes, bake smaller, thinner cut-outs closer to 5 minutes; larger cut-outs closer to 9 minutes. DO NOT OVERBAKE. Cool 2 minutes on baking sheet. Remove to counter to cool completely, then frost if desired.

ABOUT 3-4 DOZEN COOKIES (depending on size)





Cooks Who Know Trust Crisco

©1993 Procter & Gamble †Butter Flavor Crisco is artificially flavored. *From *Betty Crocker Cookbook*

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Ask Santa to leave one in *your* stocking, too!

© Eastman Kodak Company, 1993

Delicious Memories

continued from page 164

For filling, in a saucepan bring water to boiling. Add mincemeat; reduce heat. Cover and simmer for 3 minutes, stirring often. Cool.

In a large bowl beat shortening with an electric mixer on medium speed for 30 seconds. Gradually add granulated sugar, beating till fluffy. Beat in molasses. Add flour; beat till combined. Use a wooden spoon to stir in oats.

Pr[illegible] half of the oatmeal mixture onto the bottom of a greased [illegible]. Spread [illegible] mincemeat [illegible] by [illegible] a [illegible] or till [illegible] pan on a [illegible], sprinkle with [illegible] Cut into diam[illegible] or ba[illegible] 24 servings.

Nutrition facts per diamond or bar: 176 cal., 7 g total fat (2 g sat. fat), 0 mg chol., 71 mg sodium, 27 g carbo., 0 g fiber, 2 g pro. Daily Value: 0% vit. A, 0% vit. C, 1% calcium, 6% iron.

CHRISTMAS BREAD TREE AND WREATH

"On Christmas morning, Dad would scramble the eggs, cook the bacon, and warm up Mom's Christmas breads. Each of us had our favorite bread and often my brother and I would fight over the last piece of the Sugar Plum Tree. Continuing the family tradition, it's now my husband who scrambles the eggs and cooks the bacon on Christmas morning, and my sons and daughter [illegible]gue over who gets what kind of bread. Some things are worth fighting for."

[illegible]nyder, Anchorage, Alaska

[illegible]ps all-purpose flour
[illegible]e dry yeast
1¼ c[illegible]
½ cup sugar
½ cup margarine or butter
½ tsp. salt
2 eggs
1 tsp. finely shredded lemon pee

In a large bowl stir together *2 cup* of the flour and the yeast. Set aside.

In a medium saucepan heat an stir milk, sugar, margarine or butte and salt till warm (120° to 130°) an margarine is almost melted. Ad milk mixture to flour mixture; ad eggs and lemon peel. Beat on lo speed for 30 seconds, scraping bowl Beat on high speed for 3 minutes Using a spoon, stir in as muc remaining flour as you can.

Turn dough out onto a lightl floured surface. Knead in enough o the remaining flour to make a mod erately stiff dough that is smoot and elastic (6 to 8 minutes total) Shape into a ball. Place in a lightl greased bowl; turn once to greas surface. Cover and let rise in a warm place till double (about 60 minutes) (Or, cover and let rise in the refrig erator overnight.)

Punch dough down. Turn ou onto a lightly floured surface Divide into 4 portions. Cover; le rest for 10 minutes. Shape and bak into desired shapes below.

Poinsettia Wreath: In a small bow soak ⅔ cup diced mixed candie fruits and peels in enough boilin water to cover for 5 minutes. Drain Cut up big pieces.

Combine *2 portions* of the dough On a lightly floured surface, rol dough to a 16x12-inch rectangl (about ¼ inch thick). Brush with tablespoons melted margarine o butter. Drain fruit; sprinkle ove dough. Sprinkle with 3 tablespoon sugar. From one of the short sides roll up jelly-roll style; seal edges Cut diagonally into eight or nine 1 inch-thick slices plus the 2 ends.

On a greased baking shee arrange slices, cut side down, in a 9 inch circle, overlapping edges. Plac ends in center. Cover; let rise ti double (30 minutes).

continued on page 17



The French use more mustard in their recipes than any other country. They're also considered the world's finest cooks. Coincidence?



Grey Poupon®...The secret ingredient of prize winning chefs.

Pierre Pollin's SAUTEED TURKEY CUTLET GREY POUPON

Pierre Pollin, Chef
Le Titi de Paris, Arlington Heights, IL



- *2 tablespoons chopped shallots*
- *1/4 cup butter or margarine*
- *2 tablespoons reduced sodium soy sauce*
- *2 tablespoons balsamic vinegar*
- *2 cups lower salt chicken broth*
- *1/2 cup GREY POUPON Dijon Mustard*
- *1/4 cup heavy cream*
- *6 (4-ounce) turkey cutlets*
- *1 medium red onion, sliced*
- *6 sundried tomatoes, cut into thin slices (about 1/3 cup)*
- *1/3 cup seedless raisins, soaked in 1 tablespoon cognac for 1 hour*

In skillet, over medium heat, cook shallots in 1 tablespoon butter or margarine until tender. Add soy sauce, vinegar and chicken broth; heat to a boil. Reduce heat; simmer and reduce liquid by half. Stir in mustard and heavy cream; heat through. Remove from heat; keep warm.

In another skillet, over medium heat, brown turkey in 2 tablespoons butter or margarine on both sides, about 5 to 7 minutes; remove from skillet and keep warm. In same skillet, cook onion in remaining butter or margarine until tender; add tomatoes and drained raisins. Cook for 2 minutes more. To serve, top turkey cutlets with onion mixture and sauce. Makes 6 servings.

Robert D. Colley's SWEET DIJON SHRIMP & CHICKEN BROCHETTE

Robert D. Colley, Chef
Marriott Desert Springs Resort, Palm Desert,



- *24 large shrimp, peeled and deveined*
- *1 pound boneless chicken breasts, cut into 1 1/2 inch cubes*
- *2 small red peppers, cut into 1 1/2-inch pieces*
- *1 medium zucchini, cut into 1 1/2-inch pieces*
- *1/2 cup GREY POUPON Dijon Mustard*
- *1/2 cup apple juice*
- *1 tablespoon reduced sodium soy sauce*
- *2 cloves garlic, minced*
- *French Bread Poupon, recipe follows*

In large bowl, combine shrimp, chicken, peppers and zucchini. In small bowl, blend mustard, apple juice, soy sauce and garlic; reserve 1/3 cup mustard mixture. Pour remaining mustard mixture over chicken mixture; cover and marinate at least 2 hours.

Alternately thread shrimp, chicken, pepper and zucchini onto 12 skewers. Grill or broil skewers until shrimp and chicken are done, about 8 to 10 minutes, brushing with marinade and turning occasionally. Heat reserved mustard mixture. Arrange skewers on serving platter; drizzle with heated mustard mixture. Serve with French Bread Poupon.

FRENCH BREAD POUPON: Combine 2 tablespoons each GREY POUPON Dijon Mustard and Parmesan cheese; stir in 1 tablespoon melted butter or margarine until smooth. Spread onto 12 slices French bread and broil until golden brown. Makes 6 servings.



Randall Colman's DIJON REUBEN EN CROÛTE

Randall Colman, C.E.C., C
Loch Sheldrake, NY



- *1/2 cup chopped onion*
- *1/4 cup butter or margarine*
- *1 (8-ounce) can sauerkraut, well drained*
- *1/2 cup GREY POUPON Dijon Mustard*
- *1 teaspoon caraway seed*
- *8 sheets phyllo dough*
- *1/2 pound thinly sliced corned beef*
- *1/4 pound sliced Swiss cheese*
- *3/4 cup dairy sour cream*
- *1 tablespoon sweet pickle relish*

In saucepan, over medium heat, cook onion in 1 tablespoon butter or margarine until tender. Stir in sauerkraut, 1/4 cup mustard and caraway seed. Melt remaining butter or margarine. Stack phyllo dough sheets, brushing with butter or margarine in between each layer. Top with layers of corned beef, cheese and sauerkraut mixture to within 1 inch of edges. Roll up from long edge, jelly-roll fashion, tucking in ends and brushing seams with butter or margarine. Place roll seam-side down on greased baking sheet. Cut slits on top of roll in 12 even sections, about 1/2-inch deep. Bake at 375°F for 30 to 35 minutes or until golden brown.

To make sauce, blend remaining mustard, sour cream and pickle relish. Slice roll and serve with sauce. Makes 6 servings.

MANUF[illegible] ... EBRUARY 28, 1994

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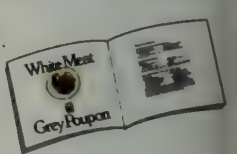
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Delicious Memories

continued from page 166

Sprinkle the top with coarse sugar, if desired. Bake in a 350° oven for 15 minutes. Cover edge with foil, leaving center uncovered. Bake about 10 minutes more or till center rolls are golden. Transfer to a wire rack to cool. Makes 1 cake (24 servings).

Nutrition facts per piece: 109 cal., 4 g total fat (2 g sat. fat), 18 mg chol., 62 mg sodium, 17 g carbo., 2 g pro. Daily Value: 3% vit. A, 4% iron.

Sugar Plum Tree: Divide *1 portion* of dough into 4 equal parts. On a lightly floured surface, roll each part into a long ½-inch-thick rope. Transfer to waxed paper. Brush with 3 tablespoons melted margarine or butter. Combine ¼ cup sugar and 1 teaspoon finely shredded orange peel; spread evenly onto paper. Roll each rope in orange peel mixture. Twist each strand.

To make a tree, on a slightly greased baking sheet, starting at the top of the tree, zigzag dough strand back and forth into wider and wider lengths (see photograph, page 136). When you reach the end of one piece, attach another and continue the zigzag, ending with a curl to shape the trunk. Sprinkle with any leftover sugar-orange-peel mixture. Cover; let rise in a warm place till almost double (about 30 minutes).

Bake in a 350° oven for 15 minutes. Cover with foil and bake for 10 minutes more. Transfer to a wire rack to cool. Decorate with Orange Icing and candied cherry halves. Makes 1 coffee cake (12 servings).

Orange Icing: Combine 1 cup sifted powdered sugar and 1 teaspoon vanilla. Stir in enough orange juice (2 to 3 teaspoons) to make an icing of drizzling consistency. Makes about 1 cup.

Nutrition facts per serving: 143 cal., 4 g total fat (3 g sat. fat), 20 mg chol., 67 mg sodium, 25 g carbo., 2 g pro. Daily Value: 4% vit. A, 2% vit. C, 1% calcium, 4% iron.

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Would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send in recipes that fit the two recipe categories. Seven months later, we feature four top recipes on the Prize Tested Recipes pages.

THIS MONTH'S WINNERS
pages 173 and 174
All winners received ONEIDA silver-plated candlesticks.

$200 Winners:
Cecilia Pestlin, Talent, Oreg.
Harriet Nelson-Jones, Inglewood, Calif.

$100 Winners:
Carole Nerlino, Venice, Fla.
Joanne Lewis Sears, South Laguna, Calif.

Honor Roll Winners:
Kathleen Boulanger, Williston, Vt.; Deborah Bushardt, Remsen, N.Y.; Shirley Fleming, Sacramento, Calif.; Lauretta Grabowski, Hamden, Conn.; Linda Morten, Katy, Tex.; Mrs. Richard Strome, Albuquerque, N. Mex.

HINTS FOR THIS MONTH'S CATEGORIES

Fresh Corn Ideas: What special way do you prepare fresh sweet corn? Perhaps you have a neat idea for corn on the cob? Or, maybe you fix a special side dish after cutting the kernels from the cob?



Summer Sauces: Is your favorite sauce perfect for grilled meats, poultry, or fish and seafood? Or, do you serve an all-time-best sauce with a special dessert? Use of fresh, in-season fruits, vegetables, and seasonings is a plus.

CONTEST RULES: 1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. 2. With each entry, print your name, address, and mark with "July Fresh Corn Ideas" or "July Summer Sauces." Specify brands and recipe origin. 3. Address recipes to 9407 Food Dept., Better Homes and Gardens, Des Moines, IA 50309-3023. 4. Postmark entries by December 31, 1993. 5. Winners are selected about 60 days later, then notified by mail. 6. Entries must be original, and are judged on creativity, taste, and practicality. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.


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PRIZE TESTED RECIPES®

see page 171 for more details

$200 WINNER

Cecilia Pestlin, Talent, Oreg., in the Holiday Breads category.



Holiday Prune Butter Bread

Swirls of honey-scented prune butter earn this wheat bread top honors.

- 1 cup lightly packed, pitted prunes (about 8 oz.)
- 1 tsp. lemon juice
- 2 Tbsp. honey
- 3 to 3½ cups all-purpose flour
- 1 pkg. active dry yeast
- 1 tsp. ground cardamom
- 1 cup milk
- ½ cup margarine or butter
- ¼ cup sugar
- 3 eggs
- 1 tsp. vanilla
- 2 cups whole wheat flour
- 1 cup chopped walnuts
- 2 tsp. ground cinnamon
- 1 Tbsp. margarine or butter, melted

For prune butter, in a saucepan combine prunes, lemon juice, and ¼ cup *water;* bring to boiling. Reduce heat. Simmer, covered, 40 minutes. Remove from heat; stir in honey. Cool. Place in a food processor bowl. Process till smooth. Cover and cool.

In a bowl stir together *2 cups* of the all-purpose flour, yeast, and cardamom. Heat milk, ½ cup margarine or butter, sugar, and ¼ teaspoon *salt* till warm (120° to 130°). Add to flour mixture along with eggs and vanilla. Beat with an electric mixer on low speed for 30 seconds. Beat on high 3 minutes. Stir in whole wheat flour and as much remaining all-purpose flour as you can. On a floured surface, knead in enough remaining all-purpose flour to make a moderately stiff dough. Place in a greased bowl. Cover; let rise till double. Turn out onto a floured surface. Divide in half. Cover; let rest 10 minutes. Roll each half into a 12x7-inch rectangle. Spread each with *½ cup* prune butter to within 1 inch of edges. Sprinkle with nuts and cinnamon. Roll up; seal. Place loaves, seam

30 to 35 minutes or till bread sounds hollow when tapped. Remove from pans. Brush

PRIZE TESTED RECIPES®

see page 171 for more details

$200 WINNER

Harriet Nelson-Jones, Inglewood, Calif., in the Elegant Entrées category.



Pork with Cranberry Sauce

To use dried herbs instead of fresh, substitute one-third the amount of fresh.

- 1 3- to 5-lb. pork loin center rib roast, backbone loosened
- ½ cup fine dry bread crumbs
- 2 Tbsp. snipped fresh sage
- 2 Tbsp. snipped fresh thyme
- 1 Tbsp. snipped fresh oregano
- 1 Tbsp. snipped fresh basil
- 2 Tbsp. margarine or butter, melted
- 1 tsp. pepper
- 2 Tbsp. honey
- 1 16-oz. can whole cranberry sauce
- ¼ cup lemon juice

Trim fat from meat. With a sharp knife, score top of meat into a shallow diamond pattern. Place roast, rib side down, in a roasting pan. Insert a meat thermometer. Roast in a 350° oven, uncovered, 1 hour. Combine bread crumbs, herbs, margarine or butter, pepper, and ½ teaspoon *salt.* Brush meat with honey. Pat herb mixture over pork. Continue roasting 30 to 45 minutes or till thermometer registers 160° to 170°. Reserve *2 tablespoons* pan drippings. Cover roast; let stand 15 minutes. For sauce, in a saucepan combine cranberry sauce, lemon juice, and reserved drippings. Cook over medium heat till heated through. To serve, slice roast between ribs. Pass sauce. Serves 8 to 10.

Nutrition facts per serving: 326 cal., 13 g fat, 290 g sodium, 64 mg chol., 21 g pro.





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$100 WINNER

Carole Nerlin[illegible]
Venice, Fl[illegible],
in th[illegible]
Elega[illegible]
[illegible]



Cheese-Stuffed Chicken in Phyllo

A tantalizing mixture of spinach, four cheeses, nutmeg, and cumin makes up the filling.

- 8 skinless, boneless chicken breast halves (1½ lb.)
- 4 cups chopped fresh spinach
- 1 cup chopped onion
- 2 Tbsp. olive oil or cooking oil
- ½ of an 8-oz. pkg. cream cheese, cubed and softened
- 1 cup shredded mozzarella cheese (4 oz.)
- ½ cup crumbled feta cheese (2 oz.)
- ½ cup shredded cheddar cheese
- 1 beaten egg yolk
- 1 Tbsp. all-purpose flour
- ½ tsp. ground nutmeg
- ½ tsp. ground cumin
- 16 sheets phyllo dough (18x14-inch rectangles)
- ⅓ cup margarine or butter, melted

Place each chicken breast half between two sheets of heavy plastic wrap; pound with the flat side of a meat mallet till ⅛ inch thick. Season with salt and pepper; set aside.

In a large skillet cook spinach and onion in hot oil till onion is tender. Remove from heat. Stir in cream cheese till blended. Stir in remaining cheeses, egg yolk, flour, nutmeg, and cumin. Place about *¼ cup* of the spinach mixture on each chicken breast half; roll up jelly-roll style (it's not necessary to seal ends). Place one sheet of phyllo on work surface (keep remaining sheets covered with a damp towel to prevent drying out). Brush with some of the melted margarine or butter. Place another phyllo sheet on top of first; brush with margarine. Place one chicken roll near a short side of the phyllo; roll chicken and phyllo over once to cover chicken. Fold in long sides; continue rolling from short side. Place in a shallow baking pan. Repeat with remaining chicken, phyllo, and margarine. Brush with margarine. Bake, uncovered, in a 350° oven for 30 to 35 minutes or till chicken is no longer pink. Serves 8.

Nutrition facts per serving: 541 cal., 33 g total fat (18 g sat. fat), 150 mg chol., 661 mg sodium, 33 g carbo., 1 g fiber, 30 g pro. Daily Value: 54% vit. A, 15% vit. C, 19% calci-

PRIZE TESTED RECIPES®

$100 WINNER

Joanne Lewis Sears, South Laguna, Calif., in the Holiday Breads category.



Festive Holiday Brioches

If you like, make these rolls the night before and chill them till morning.

- 1 pkg. active dry yeast
- ¼ cup warm water (105° to 115°)
- ½ cup margarine or butter, softened
- ⅓ cup sugar
- 1 tsp. salt
- 4 cups all-purpose flour
- ½ cup milk
- 4 eggs
- ½ cup dried cranberries or cherries
- ½ cup chopped candied citron
- ¼ cup currants
- 1 Tbsp. sugar

Soften yeast in the warm water. In a mixing bowl beat the margarine or butter, ⅓ cup sugar, and salt till fluffy. Add *1 cup* of the flour and the milk to the sugar mixture. Separate one of the eggs. Add the yolk and 3 whole eggs to the beaten mixture. (Chill remaining egg white.) Add softened yeast to flour mixture and beat well. Stir in cranberries, citron, and currants. Stir in remaining flour. Place in a greased bowl. Cover; let rise in a warm place till double (about 2 hours), then refrigerate dough for 6 hours. (Or, omit 2-hour rise and refrigerate dough overnight.) Stir dough. Turn out onto a floured surface. Divide dough into 4 equal portions. Set one portion aside. Divide remaining three portions into 8 pieces each. Roll into balls. Place into well-greased muffin cups. Divide remaining dough into 24 pieces, shape into small balls. With thumb, make an indentation in middle of each large ball. Press a small ball into each indentation. Combine reserved egg white and the 1 tablespoon sugar. Brush over rolls. Cover; let rise in a warm place till nearly double (about 45 minutes). Bake in a 375° oven for 15 minutes or till golden. Remove from pans; cool on wire racks. Makes 24.

Nutrition facts per brioche: 151 cal., 5 g total fat (3 g sat. fat), 46 mg chol., 149 mg sodium, 23 g carbo., 1 g fiber, 3 g pro. Daily Value: 5% vit. A, 1% calcium, 7% iron.

How To Be A Smart Cookie.

'Tis the season to bake cookies. Read on to find out ways to make yours as good as they can be. Like using the one flour more smart cookie bakers use than any other. Gold Medal Flour.



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auto update

DECEMBER 1993

by Don Chaikin

How are we going to get that home?



Are your eyes bigger than your family car when you shop for a Christmas tree? Will that backyard swing kit for the kids wreck your auto's roof in transit from the store? Follow these dos and don'ts when hauling oversize objects in your car.

DOS

- Carry the cargo inside the car or trunk, if it is possible to do so safely.
- Place a blanket or tarpaulin between the cargo and the car's roof when you have no roof rack.
- Tie the cargo down from side to side and front to back. Use strong, thin rope or twine and run it through the open doors, not the open windows. A sponge or rag between the rope and the car's paint prevents damage.
- Place any item that must protrude from an open window so that it points to the rear of the vehicle from a rear window.
- Tie a bright cloth to any cargo hanging out the back of your car.

DON'TS

- Place cargo near the steering wheel or other driver's controls.
- Block your vision—front, rear, or sides.
- Drive any distance with an open hatchback; exhaust fumes can be sucked into the car as you drive.
- Place cargo in a way that forces someone to ride without a seat belt.



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Hands-free operation. Once you dial, you can talk without holding the handset.

Speed dial. A phone's memory should handle at least 50 numbers, each reached with a short code.

Electronic locking. A security code prevents unauthorized use. The phone should allow you to dial 911 even when locked.

Call timer. The digital display helps keep track of talking time (not a bad idea for teenagers).

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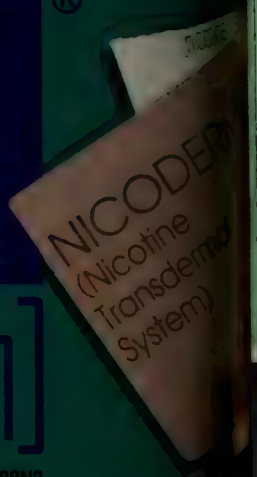
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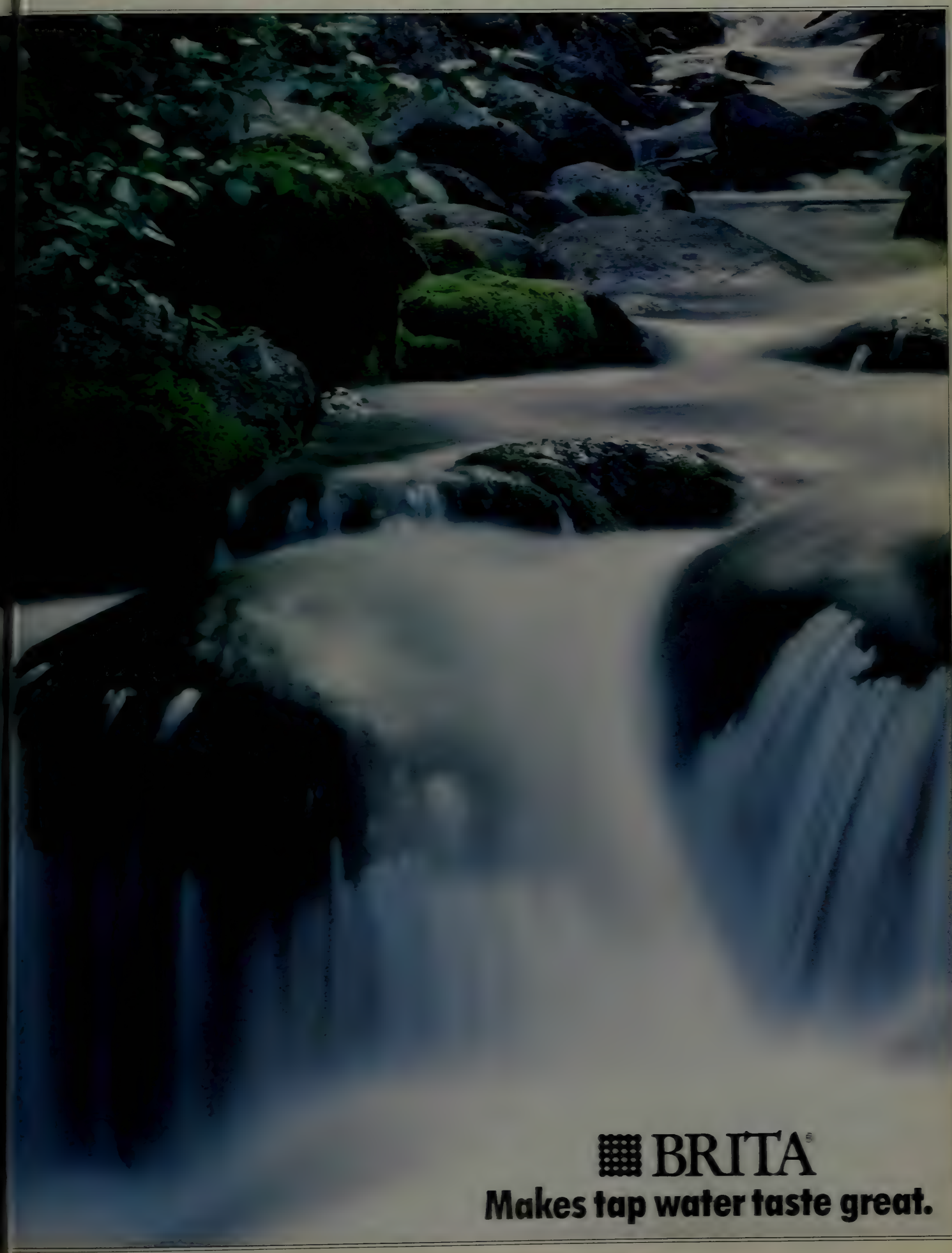
HOW IT WORKS.

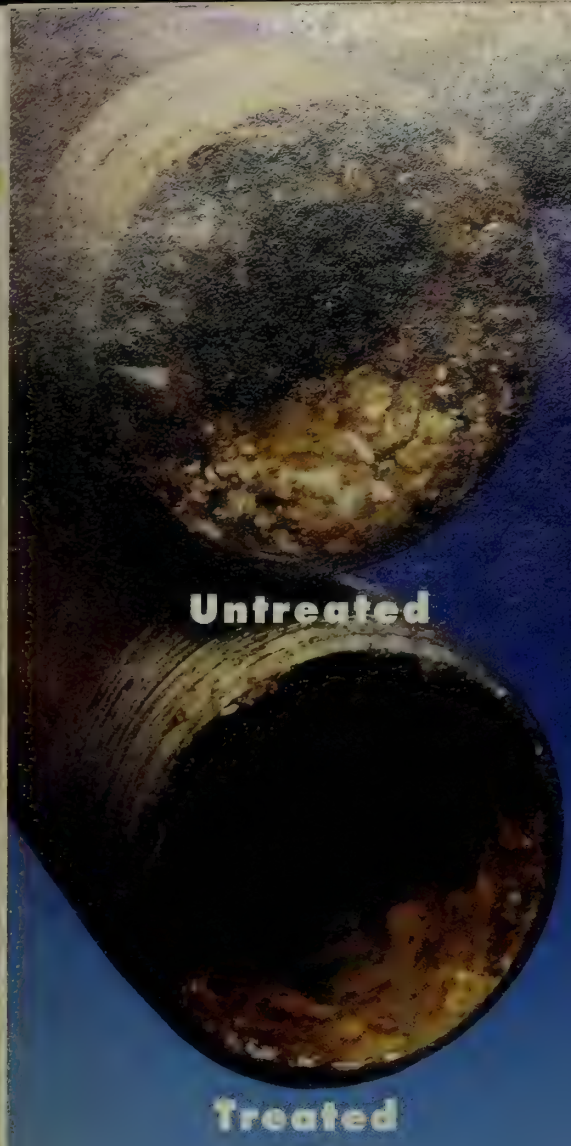


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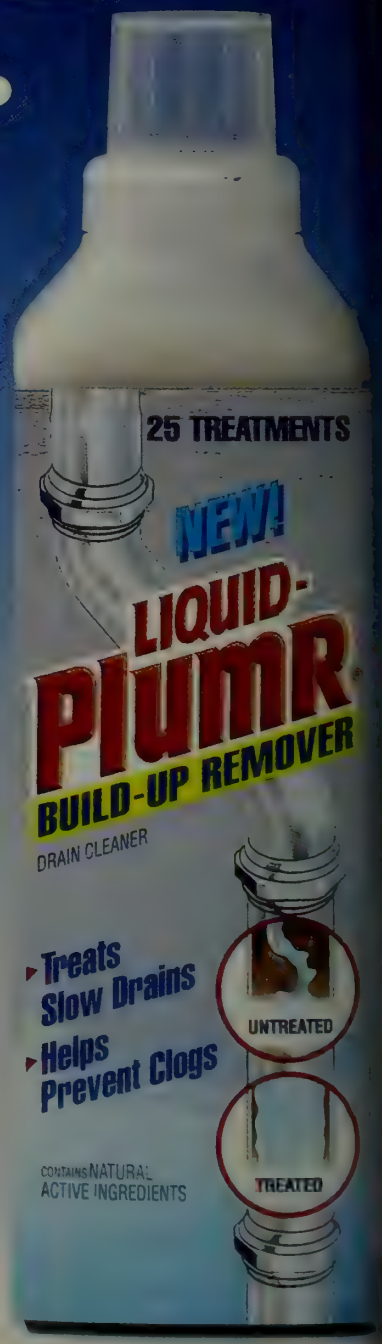
HOW IT TASTES.





What slows drains down.

What speeds them up.



Every time you use your kitchen sink or bathroom tub, gunky stuff like soap, hair and grease can build up in your pipes and slow down your drains. Now you can treat this build-up and help prevent its return, with new **Liquid-Plumr® Build-Up Remover** drain cleaner.

While ordinary drain openers are great for removing clogs, they can flow past the greasy, built-up gunk that narrows your pipes. But easy-to-use **Liquid-Plumr® Build-Up Remover** releases natural enzymes that eat the gunk inside your pipes, actually removing pipe build-up. And regular use helps keep the gunk from coming back. **Liquid-Plumr® Build-Up Remover's** natural active ingredients are non-chemical, non-corrosive, and safe for the environment, too.

Treat slow drains today. With new Liquid-Plumr® Build-Up Remover drain cleaner.

Build up commonly found in household pipes was simulated in [illegible] to demonstrate effect of regular treatments with Liquid-Plumr® Build-Up Remover.

Affordable Caviar

At $60 or more an ounce, true caviar—the salted roe (eggs) of sturgeon from the Caspian Sea—is one of the most expensive foods in the world. Fortunately for caviar connoisseurs, there are numerous affordable choices.

Lumpfish caviar from Icelandic waters is the most popular of the "affordable" caviars. The vacuum-packed red, gold, and black eggs are dyed. Salmon caviar from the Pacific Northwest is especially attractive because of its large, translucent reddish-orange or natural-colored eggs.

Other affordable, American caviars include paddlefish, bowfin, trout, sturgeon, and whitefish. Whitefish caviar, the most available, comes from North American lakes. The mild-flavored eggs are a translucent gold; they also are available dyed black. Caviar from the sturgeon-like Mississippi paddlefish is difficult for some to distinguish from true sturgeon caviar, yet it costs far less.

Pasteurized, vacuum-packed sturgeon caviar may be stored, unopened, in a cool, dark place for three months. Keep other vacuum-packed "affordable" caviars on your shelf for no more than a year. After opening, caviar spoils in a day or two. Freezing is not recommended.

All caviars taste best chilled. Serve these affordable caviars with thin toast points, crackers, or vegetable slices. Sour cream and chopped hard-cooked eggs are the classic accompaniments. Also, use colorful caviars as a garnish on appetizers such as dips. Enjoy caviar with dry white wine or champagne.

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1 TO 2 TSP. OLIVE OIL
8 OZ. FRESH MUSHROOMS, SLICED
⅓ CUP CHOPPED ONION
¼ TSP. EACH BLACK PEPPER AND DRIED THYME
8 OZ. FETTUCCINI (4 CUPS COOKED)
14½ OZ. CAN ITALIAN-STYLE TOMATOES
2 TSP. CORNSTARCH, **1 TSP.** LEMON JUICE
½ TSP. DRIED BASIL
4 TO 6 DROPS HOT PEPPER SAUCE

COOK: COOK FETTUCCINI, DRAIN. SET ASIDE. USING SKILLET COATED WITH NON-STICK COOKING SPRAY, COOK TURKEY BREAST SLICES 1½ TO 2 MINUTES PER SIDE OR UNTIL LIGHTLY BROWNED. REMOVE FROM SKILLET; KEEP WARM. ADD OLIVE OIL, MUSHROOMS, ONION, PEPPER AND THYME; COOK AND STIR 2 TO 3 MINUTES OR UNTIL ONION IS TENDER. STIR IN FETTUCCINI. REMOVE FROM HEAT; KEEP WARM. **SAUCE:** PLACE REMAINING INGREDIENTS IN PROCESSOR OR BLENDER; BLEND UNTIL TOMATOES ARE COARSELY CHOPPED. COOK AND STIR OVER MEDIUM-HIGH HEAT 3 TO 5 MINUTES OR UNTIL THICKENED. TOP FETTUCCINI WITH TURKEY AND SAUCE. 4 SERVINGS.



NUTRITIONAL INFORMATION PER SERVING (1/4 OF RECIPE) – CALORIES 353, PROTEIN 35G, CARBOHYDRATE 47G, FAT 4G, CHOLESTEROL 68 MG, SODIUM 391MG.

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Kitchen Shine Up

Cooking and kitchen traffic take a toll on kitchen cleanliness, especially on your appliances. Our tips will help you keep appliances looking like new inside and out.

REFRIGERATOR/FREEZER

Appliance companies recommend that you unplug the refrigerator or freezer before washing the interior.

Wash the exterior and interior, including the removable shelves and drawers, with warm, soapy water; or, use warm water with baking soda added (about 2 tablespoons per quart). Rinse thoroughly and dry. When cleaning glass shelves, let the glass warm up to room temperature before immersing the shelves in warm (not hot) water.

Once or twice a year, use a vacuum cleaner or a long-handled bottle brush to clean dust and lint from the condenser coils located behind the toe grille or on the back of the refrigerator. Lint and dust act as insulation, trapping heat and preventing the coils from working properly. Also, remove the drain pan, usually behind the toe grille, and wash it in soapy water.

Clean the door gaskets (the rubber lining around the edge of the refrigerator and freezer doors) with soapy water once or twice a year. At the same time, to keep the gaskets pliable, rub the flat edge of the gaskets with a light coating of petroleum jelly, wiping off the excess.

DISHWASHER

Clean the control panel with a slightly damp cloth. Avoid using abrasive cleansers, scrapers, or scouring pads. Clean the outside with appliance wax or a damp cloth. Because the finish can scratch, avoid abrasives. With a damp cloth, clean regularly around the door seal where food particles get caught.

The inside of your dishwasher should clean itself; however, if it does need cleaning, use a mild cleanser. If you notice a white powdery coating on the interior, a rotten egg smell, or a rusty discoloration, consult your user's manual. Your water could be the problem.

MICROWAVE OVEN

Wipe the interior and exterior regularly, including the control panel, with a cloth or sponge, dampened with warm sudsy water.

For tough-to-remove spatters, place a cup of water in the oven. Bring the water to boiling, then, with a damp cloth, wipe over the interior of the oven.

RANGE AND OVEN

Wash, rinse, and dry the exterior (including stainless-steel trim) regularly with a mild detergent. Clean glass parts, such as a control panel or an oven-door window, with glass cleaner and a lint-free cloth.

Most control buttons and dials can be removed for easier cleaning. Wash with hot, soapy water.

Between major cleanings, wash a cool oven interior with mild detergent and water, rinsing thoroughly.

Wipe up spills from the range while the surface is still warm. Do not clean the bake or broil elements. Spilled food will burn off when these elements are heated.

CHIMNEY FREE!



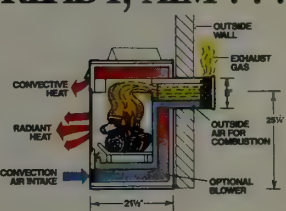
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2 cups Domino® Pure Granulated Sugar
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½ cup water
Flavoring* and food coloring (as desired)
Colorful ribbons, lollipop sticks or ice cream sticks

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What a brilliant way to sweeten the Holidays. Lollipops and lollipop decorations that are quick, easy and fun to make. And because they're made with 100% pure Domino® Sugar, they're also 100% delicious.

Using a wooden spoon, stir first 3 ingredients in saucepan over low heat until dissolved. Increase to high he Bring to boil without stirring and cook for 15-20 minutes until 300°F or hard-crack stage. (To test: put a drop of mixt in glass of water–if brittle ball forms, it's ready.) Remove from heat. *As with any hot liquid, tak special care in handling.* Blend in flavoring* and food coloring. Using your imagination, *slowly* pour free-fc shapes or 2" circles from glass measuri cup with small spout onto foil-lined baking sheet. Using back of spoon (mixture is still hot), press ribbons or sticks into each lollipop immediately. Decorate with candies. Cool at room temperature.

*Flavoring ideas (choose one):
1½ tsp. peppermint extract
2 tsp. lemon extract
½ tsp. almond extract
¼ tsp. oil of cinnamon
1 tsp. vanilla extract

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by Kristi Fuller

Easy Home-Baked Breads



SCOTT LITTLE

Most cooks agree—there's nothing like the smell of fresh baked bread or muffins. Fill your kitchen with those aromas without a big fuss. These recipes use convenience bread products, so all you do is add the special touches.

APPLE BUTTER MUFFINS

A bite of apple butter hides inside—

- 1 7-oz. pkg. apple-cinnamon or honey-date muffin mix
- 1 beaten egg
- ¼ cup milk
- ¼ cup apple butter
- 2 Tbsp. cooking oil

Line 6 muffin cups with paper bake cups. Place muffin mix in a medium mixing bowl. Set aside.

In another bowl stir together the egg, milk, *half* of the apple butter, and the oil. Add egg mixture all at once to muffin mix. Stir mixture just till moistened. Fill muffin cups ⅓ full. Top each muffin with *1 teaspoon* of apple butter, then the remaining batter (cups should be ⅔ full). Bake in a 400° oven for 15 minutes or till golden. Remove muffins from pan and cool slightly on a rack. Serve warm. Makes 6 muffins.

Nutrition facts per serving: 227 cal., 11 g total fat (1 g sat. fat), 36 mg chol., 324 mg sodium, 29 g carbo., 0 g fiber, 3 g pro.

SPICY SWIRL BREAD

Simply unroll packaged bread, brush on a seasoning blend, and roll up—

- 2 Tbsp. margarine or butter
- 1 tsp. chili powder
- ¼ tsp. onion powder
- ⅛ tsp. garlic powder
- 1 11-oz. pkg. refrigerated French bread dough

In a small saucepan melt the margarine or butter. Stir in the chili powder, onion powder, and garlic powder. Cook and stir over medium heat for 2 minutes. Set aside.

On a lightly floured surface, unroll the dough. Brush top of dough with the margarine mixture. Reroll dough; place, seam side down, on a greased baking sheet. With a sharp knife, cut 4 or 5 shallow diagonal cuts across the top. Sprinkle top with grated *Parmesan cheese*, if desired. Bake in a 350° oven for 28 to 33 minutes or till golden. Serve warm. Makes 1 loaf (12 servings).

Nutrition facts per serving: 83 cal., 3 g fat, 0 mg chol., 155 mg sodium, 12 g carbo., 0 g fiber, 2 g pro.

MORE EASY BAKING IDEAS

- For caramel rolls, spread ⅓ cup caramel ice-cream topping in a 9-inch round baking pan. Sprinkle with miniature chocolate pieces. Separate one package (8) refrigerated breadsticks; arrange coiled dough in pan. Bake in a 375° oven 15 minutes. Invert onto a platter.
- Tie refrigerated breadsticks into loose knots; tuck one end under the roll and one end into the center. Brush with milk; sprinkle with Parmesan cheese. Bake as directed on package.
- Personalize biscuits made from a mix by adding dried dillweed, basil, or lemon-pepper seasoning.

HERE'S YOUR CHANCE TO MAKE UP FOR THOSE FUZZY SLIPPERS YOU GAVE LAST YEAR.



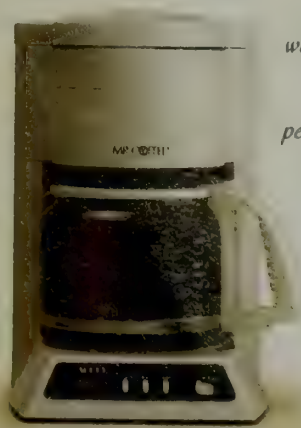


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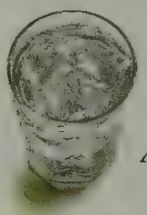


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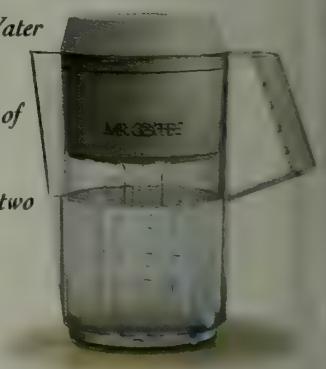


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achos *di* Gallo Salame.



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circle or spiral. Moisten the outside end of each strip with a little water and secure it to the pastry to prevent uncoiling during baking. Place pastries on an ungreased baking sheet. Bake in a 400° oven about 15 minutes or till golden. Cool on a wire rack.

To serve, in a small saucepan heat preserves till melted, stirring often; drizzle over pastries. Let pre-



SCOTT LITTLE

A perfect pastry for the busy cook.

serves cool slightly, then top with whipped topping. Sprinkle pastries with chopped nuts. Serve immediately. Makes 12 pastries.

Note: These pastries are at their best when baked and served on the same day.

Nutrition facts per serving: 126 cal., 7 g fat (1 g sat. fat), 100 mg sodium, 14 g carbo., 1 g fiber.

FOOD

Breakfast Danish

With just four ingredients, you can create charming pastry miniatures in only 30 minutes, start to finish. These flaky raspberry sweets double as impressive any-time desserts or breakfast pastries.

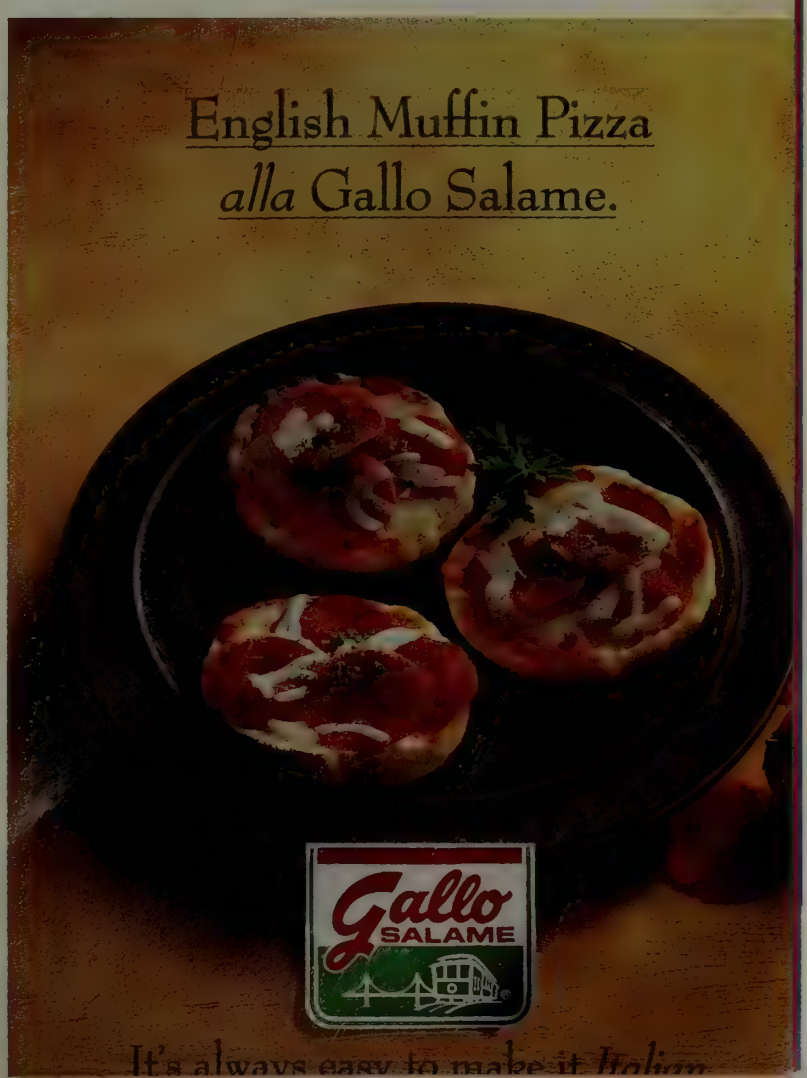
RASPBERRY DANISH

For a colorful platter, drizzle these petite pastries with a variety of fruit preserves.

- ½ of a 17¼-oz. pkg. frozen puff pastry (1 sheet), thawed
- ⅓ cup seedless raspberry preserves
- Pressurized whipped dessert topping
- Chopped pistachio nuts or almonds

On a lightly floured surface, unfold the thawed puffed pastry sheet. If necessary, use a rolling pin to flatten and smooth the pastry. Cut the pastry into 12 equal strips. Coil each strip, wrapping loosely, into a

English Muffin Pizza
alla Gallo Salame.



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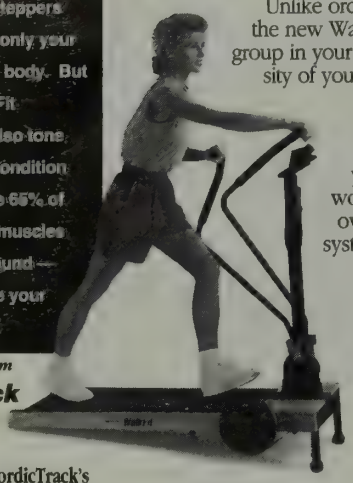


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DESIGN

Table Linen Curtains

In minutes you can soften your starkest windows with a casual swag, a pretty valance, or homespun curtains. The trick is in the materials. Choose hemmed table linens in crisp plaids, fruity prints, or your favorite florals to create treatments that require little or no sewing.

The swag (*below*) is made from a square tablecloth that's been folded in half diagonally. Hidden under fabric folds, pushpins attach the treatment to the window frame.



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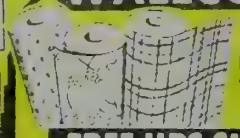
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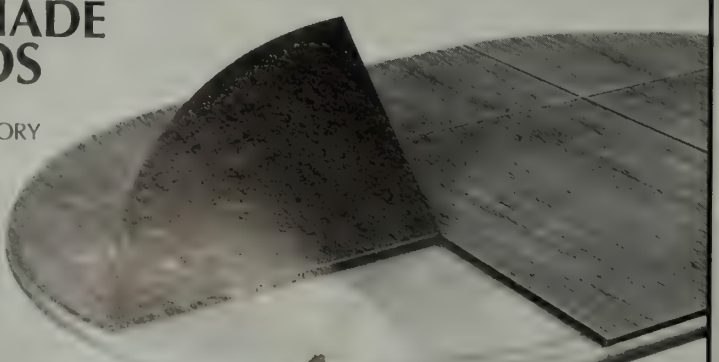
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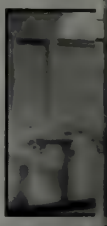
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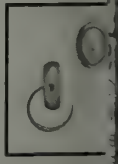
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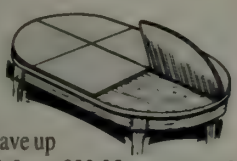
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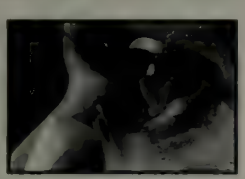
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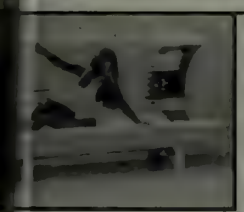


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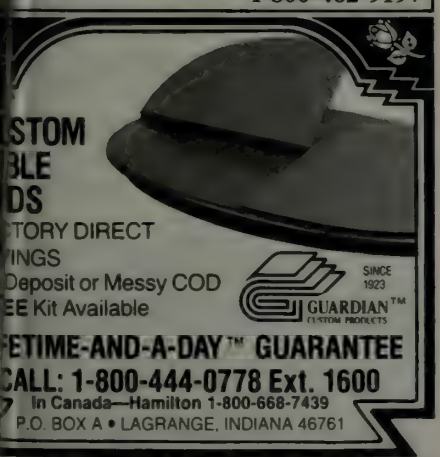
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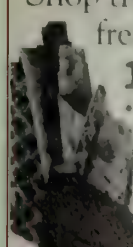
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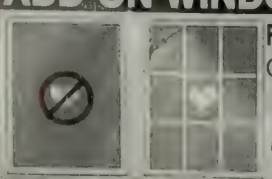
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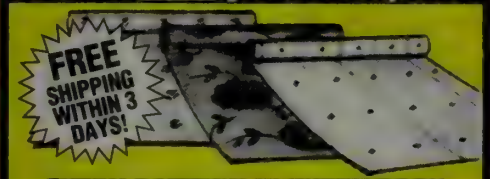
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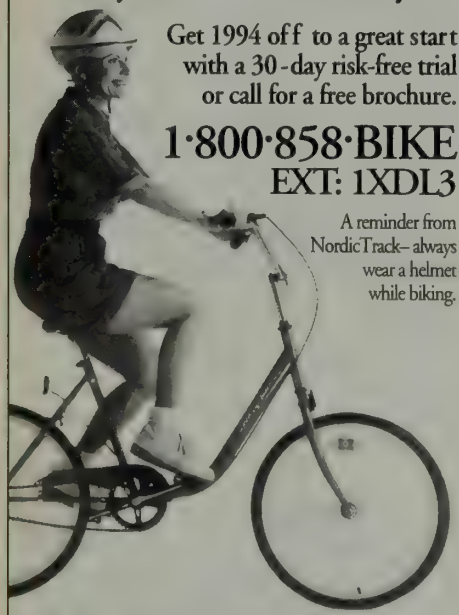
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"I never know what to get the wife for Christmas."

Aunt Opal says virtue may be its own reward, but sometimes she thinks the pay scale is too low.

The Rev. George Hall acknowledges that, yes, his shorter sermons seem to draw the warmest praise. "But a sermon is like a blanket," he says. "Make it too short and something doesn't get covered!"

Dr. Bob Hannelly doesn't dismiss some of the more popular home remedies—old wives' tales. "How do you think they lived to be old wives if those remedies didn't work?" he laughs.

Uncle Dodd Buckner denies he's an ill-tempered man. He says his temper is so healthy he sometimes can't restrain it.

Holiday shopping by mail is convenient, admits Elaine Cowan, but the practice will never truly satisfy her until catalogs can reproduce the sights, sounds, and aromas of her favorite mall.



"Gee, Mommy . . . how did you know it was me?"

Judy thinks that with all the nutritional information manufacturers are putting on food packaging, people are doing more reading in the grocery stores than in the library.

Ken Floyd believes that some people work so hard climbing the mountain of success that they send landslides tumbling down behind them.

Rosemary's college class on the origin of the universe led her to remark that the topic was quite a bit simpler when it was covered in Sunday school.

We all have lists of things to be thankful for in this holiday season. "Considering the horrendous conditions in so many other countries," says Chris, "I'm thankful most that my list seems so tame."

The best thing about letting his teenage son do the driving on trips, says Bill [illegible], is that now he can sit in the back and kick the driver's seat [illegible]

~Rosemary brought home a college friend for the holidays, a student from Eastern Europe. During dinner that first evening, the whole family sat mesmerized as Natalia described the sad events that have plagued her country recently.

In the kitchen after dinner, Christine and I debated whether to bring out a tray of festive holiday cookies, tarts, and candies. "I feel so guilty serving all this food after those stories of deprivation and hunger," Christine said. I agreed.

Natalia sensed our discomfort as we brought out the desserts. We made some lame noises about just happening to have them around.

"You are kind to feel for my homeland," Natalia said, "but when God blesses you, there is no need to apologize. Do not blame your good fortune for our trials. And, as my grandmother used to say, 'No matter how long the rain, the sun will come back.' "

5929

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